

To stop drifting...



# **28 Day Writing Journal**

From CC Lepki



## Introduction

The things you do every day affect the way you think about yourself, how you feel about the world, and how you interact with the people around you. An activity journal is meant to track the things you do and how you feel while you do them. Consciously keeping track of how you feel when you perform different activities can help you recognize beneficial and toxic behavior and help you replace bad activities with the activities you love and enjoy. When you feel happier about the things you do on a daily basis, you feel happier in general.

This writing journal will provide weekly challenges—things to tackle throughout the week that will take you outside of the same pattern with which you've grown comfortable. Each day you will follow along with 15 minute journaling prompts that examine your state of mind and provide activities that help you identify negative thoughts and replace them with positive thoughts. You'll find activities and guides to help develop a positive thought process to overcome negative or anxious feelings. Finally, in the activity journal section, track what you do during the day and how you feel about those activities. When you start to see a pattern of negative behavior associated with a certain activity, you can take the steps you need to change for the better.

To use this writing journal, all you have to do is fill in the activity list each day. Next to each activity section there is a mood section. Draw an emoji that represents the way you felt as you performed the activity. In the guided journaling sections, simply respond to the writing prompts. Give yourself 15 minutes to write as much or as little as you need to answer the questions.

So that's it: the beginning of your month long journaling journey. I hope you enjoy the challenges and prompts that are provided and that this journal helps you learn new and positive ways to face your everyday life. Please take care of yourself and enjoy.



# Week 1

## **Weekly Challenge:**

Go on an adventure—someplace nearby where you've never been.

“You never know what's around the corner. It could be everything. Or it could be nothing. You keep putting one foot in front of the other, and then one day you look back and you've climbed a mountain.”

— **Tom Hiddleston**



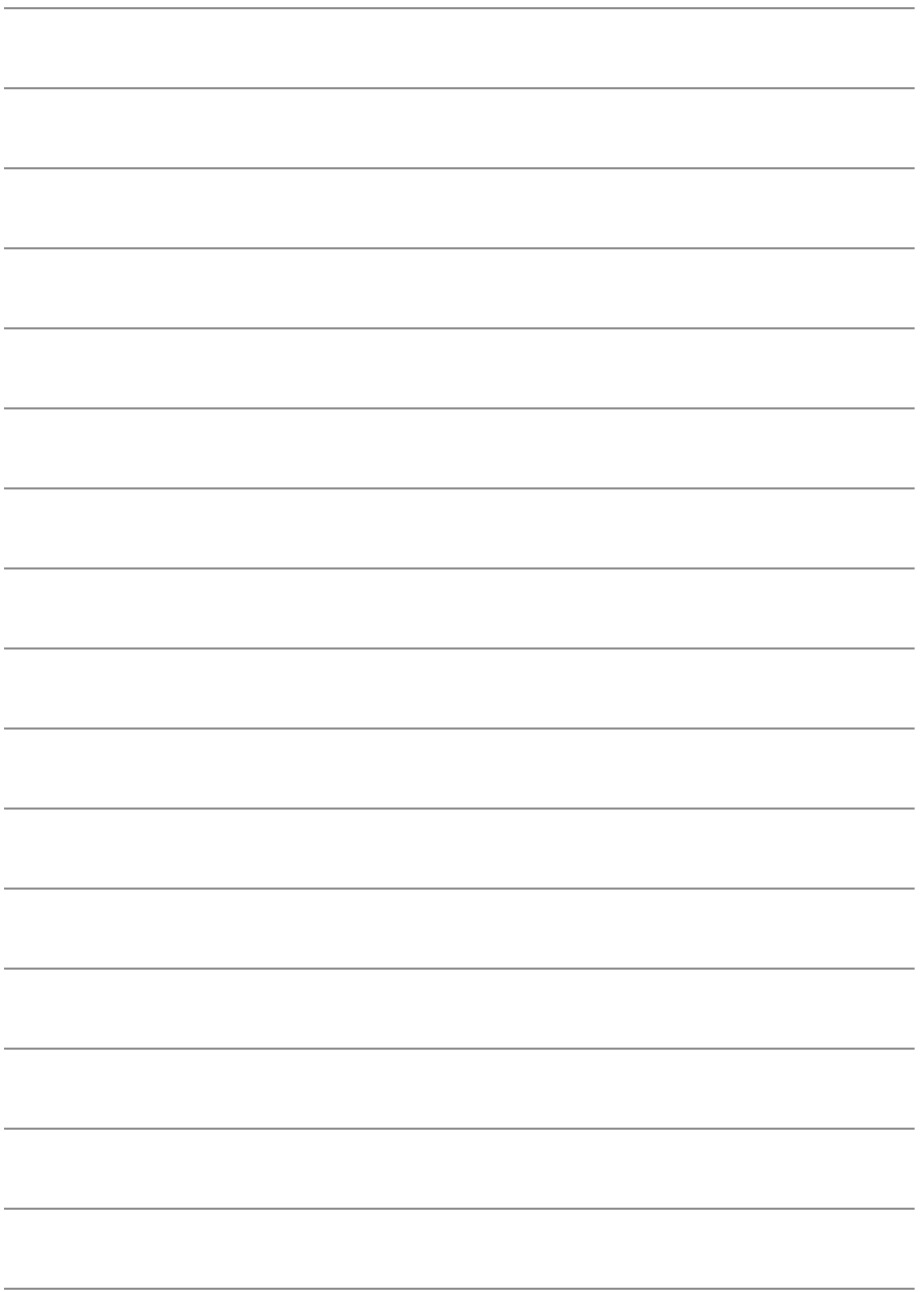


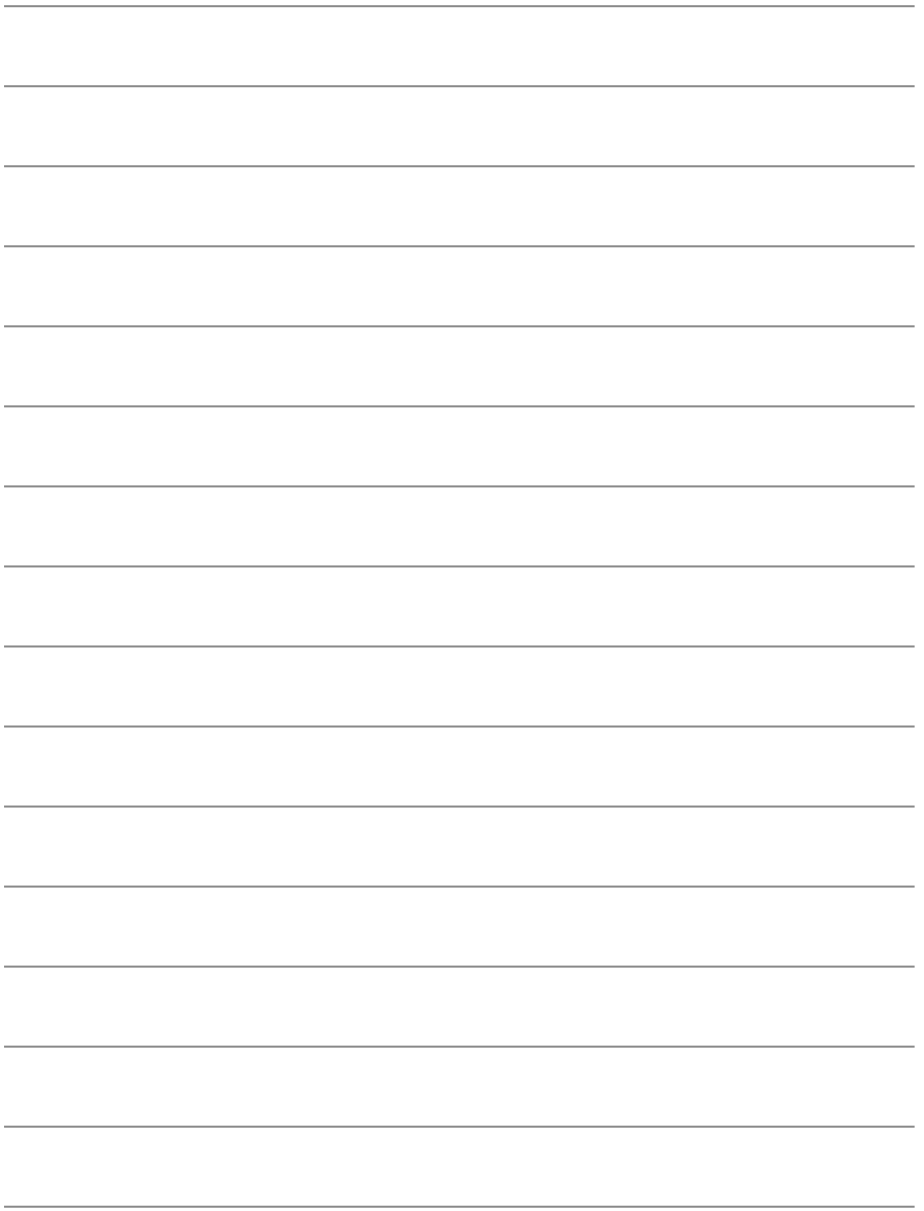












## **Bonus Activity**

Write a list of all the ways your negative thoughts are wrong. Keep the list with you in your wallet or your purse. Whenever your negative thoughts start to creep in, take out your list and read it to yourself over and over. If you can read it out loud, do it.

Changing the way you think about yourself in stressful situations can change your automatic response to stress. Instead of falling into a pattern of fear and worry, you can develop determination and self-confidence instead. Remember that you are a worthwhile person. Remember the things about yourself that you love. And if you can't think of anything, then ask other people what they love about you to put on your list.

I keep a self-esteem box on my desk. Whenever I feel good about myself for any reason, I write it down and put it in the box. Then, when I feel anxious or self-defeating, I crack open the box and read all of the best things about who I am. Sometimes we just need a reminder.











## Bonus Activity

Set some personal goals for yourself. If you want to have the perfect life, figure out what you need to obtain to make it happen. Once you know where you want to go, you can figure out the steps that it takes to get there.

Your personal goals should be Specific, Measurable, Attainable, Relevant, and Timely. That means you need to know exactly what you want. The goal should be something that has a clear end-point to determine if you've achieved it or not. It should be something that you can actually achieve as opposed to a fantasy—like growing wings or solving world hunger. It also needs to be something that aligns with what is most important to you as a whole. Finally, put a time limit on your goal. This isn't to say that you have to achieve the goal by that date, but it will give you a sense of structure in how you work toward your goal.

A good example of setting a goal this way is to say, "I want to go on vacation to Israel with my partner. I want to do this so we can spend more time together doing fun and interesting things. To do this, I need to save \$6,000 to pay for the vacation package. To save that much money, I need to reduce our living expenses by cooking at home more often and paying off our debt with the extra money. Once our debt is paid off, we will have more expendable income to save. I will have all of the money saved by December of 2022."

Setting goals gives you a sense of purpose, and a clear vision of what you can achieve. Even if you don't reach your goal, you've accomplished something worthwhile and should be proud of yourself.











# Activity Journal

Activity	Mood

























## **Bonus Activity**

Make a list of the things that make you feel the best when you're sad. Pin it up on the refrigerator or somewhere else you can see it all the time. Give copies of it to your friends and family.

When you're sad, it can be helpful to go through the list item by item and do the things that it suggests. Enlist the help of friends and family to perform the activities on your list. The last thing you should do is isolate yourself or stop living your life when you feel down.

Remember, it's never a bother to take care of the people you love. It's never a bother for the people you love to take care of you. In fact, one of the greatest joys your loved ones experience is the ability to make you feel better when you're sad. Give them that gift. It will mean the world to them.



## **Week 2**

### **Weekly Challenge:**

Do light exercise for 5 minutes a day or more.



“When the path ignites a soul,  
there's no remaining in place.

The foot touches ground,  
but not for long.”

— **Hakim Sanai**





















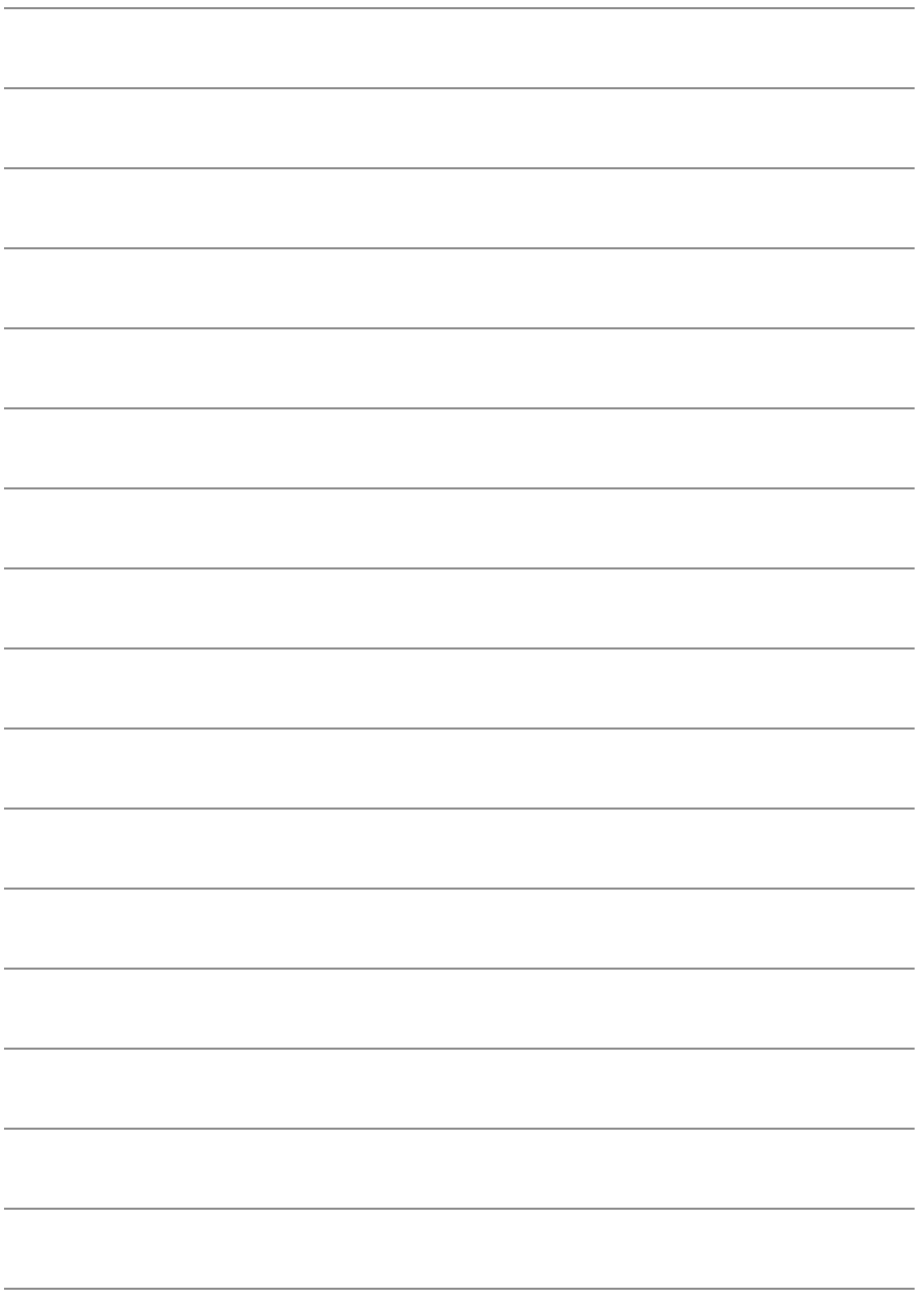


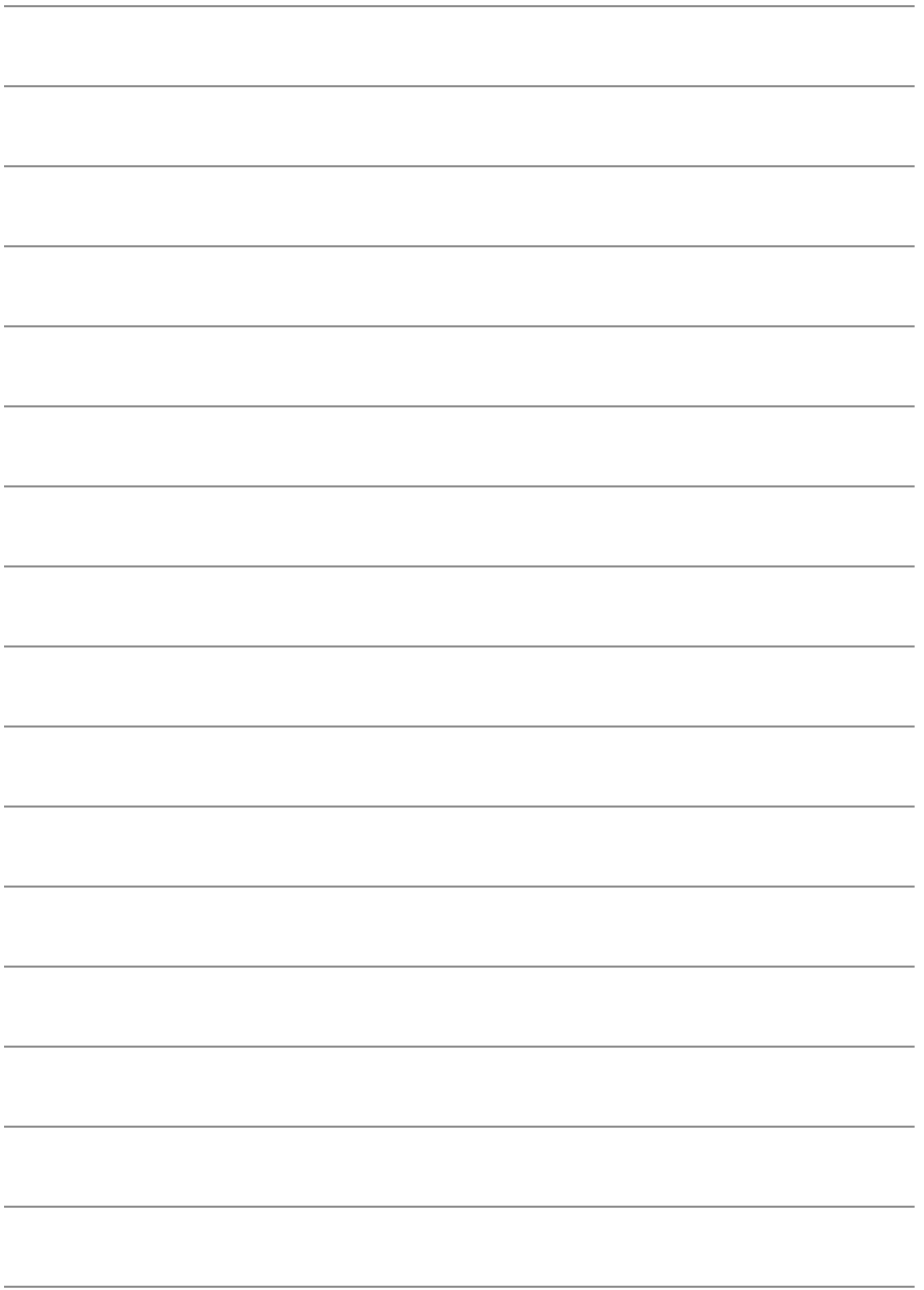


# Activity Journal

Activity	Mood









## **Bonus Activity**

Do you ever have trouble sleeping? Try this: when you're in bed, tighten the muscles in your lower legs for five seconds, then release them for ten seconds. Tighten the muscles in your upper legs for five seconds, then release them for ten seconds. Slowly move your way up your muscle groups until you do this same thing with your shoulders, your neck, and your face.

Breathe slowly and evenly. Breathe in through your nose for four seconds, hold the breath for six seconds, then exhale for eight seconds. Try to think only about your breathing and nothing else.

It's good to keep in mind that you should never lay in bed while you can't sleep. If you're struggling to go to sleep, just get up and go to another room. Do something relaxing without looking at a computer or TV screen—like playing a game of cards. When you finally start to get sleepy, go back to bed. If you stay in bed while you're awake, even to browse social media or read a book, you're training your body to stay awake when you're in bed. The goal is to train your body that the bed should be used for sleep.





























## **Week 3**

### **Weekly Challenge:**

Build a rocket ship, a fort, or some other structure out of cardboard boxes or whatever material you have around. Enlist the help of friends or family.

“If you do not change direction, you  
may end up where you are heading”  
— **Siddhārtha Gautama**









## **Bonus Activity**

Get on YouTube or look up a video online about beginner yoga. Follow along with the instructions as best you can. Even if you don't like to exercise, it's important to make sure you move around as much as possible, and Yoga is a great exercise if you don't have a lot of energy.

Another great thing about Yoga is that it can help us to learn grounding techniques. Grounding techniques help to keep you anchored to the here and now when you're worried about the future or dwelling on the past.

Worrying and dwelling is where anxiety and depression come from. You can overcome those negative emotions by focusing on what is happening around you in the moment. Yoga helps you learn to pay attention to your breathing and the way your body moves. You'll learn to focus on how your feet, hands, or body connect with the floor. At the same time, you'll get in a little bit of exercise to increase your energy and improve your mood. It's a win-win.



















## **Bonus Activity**

Take a moment to reflect on your journaling activity. If you were able to identify a reason for why the situation made you feel sad or anxious, then you've made a huge step in addressing those feelings. You should be proud of yourself. It is difficult to heal the mind when we don't know why we feel the way we do. If you started a self-esteem box or a list of the good things about yourself, I want you to add to that list that you're doing a great job working your way toward resilience.

Now that you know what situations bring up those feelings and where those feelings come from, I want you to look through your activity journal and see if there are any things you do on a regular basis that fit that same pattern. Come up with some ideas of healthy, alternative activities that you could replace them with.

If the activities aren't something you can avoid, like going to work, then try to brainstorm some ideas about how you can change your feeling about it. Maybe give yourself a gold star when you go to work on time, or reward yourself by listening to your favorite song before you walk in the building. You could even ask your boss to help you out by giving you the gold star or praising you when you make it in. I know it can sound childish, but rewards can help you feel as if you accomplished something, which can change your perspective when facing a stressful task.











# Activity Journal

Activity	Mood











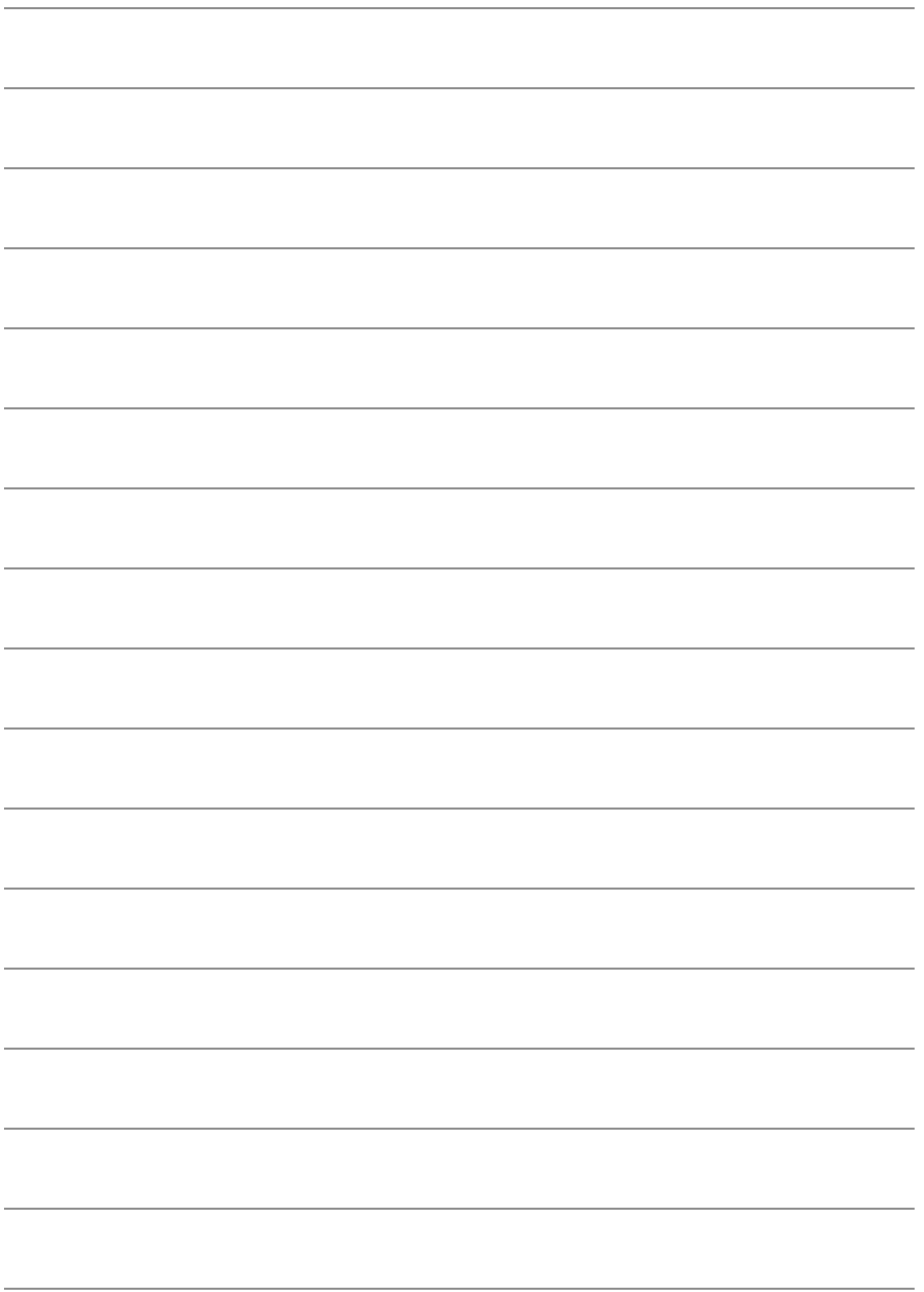


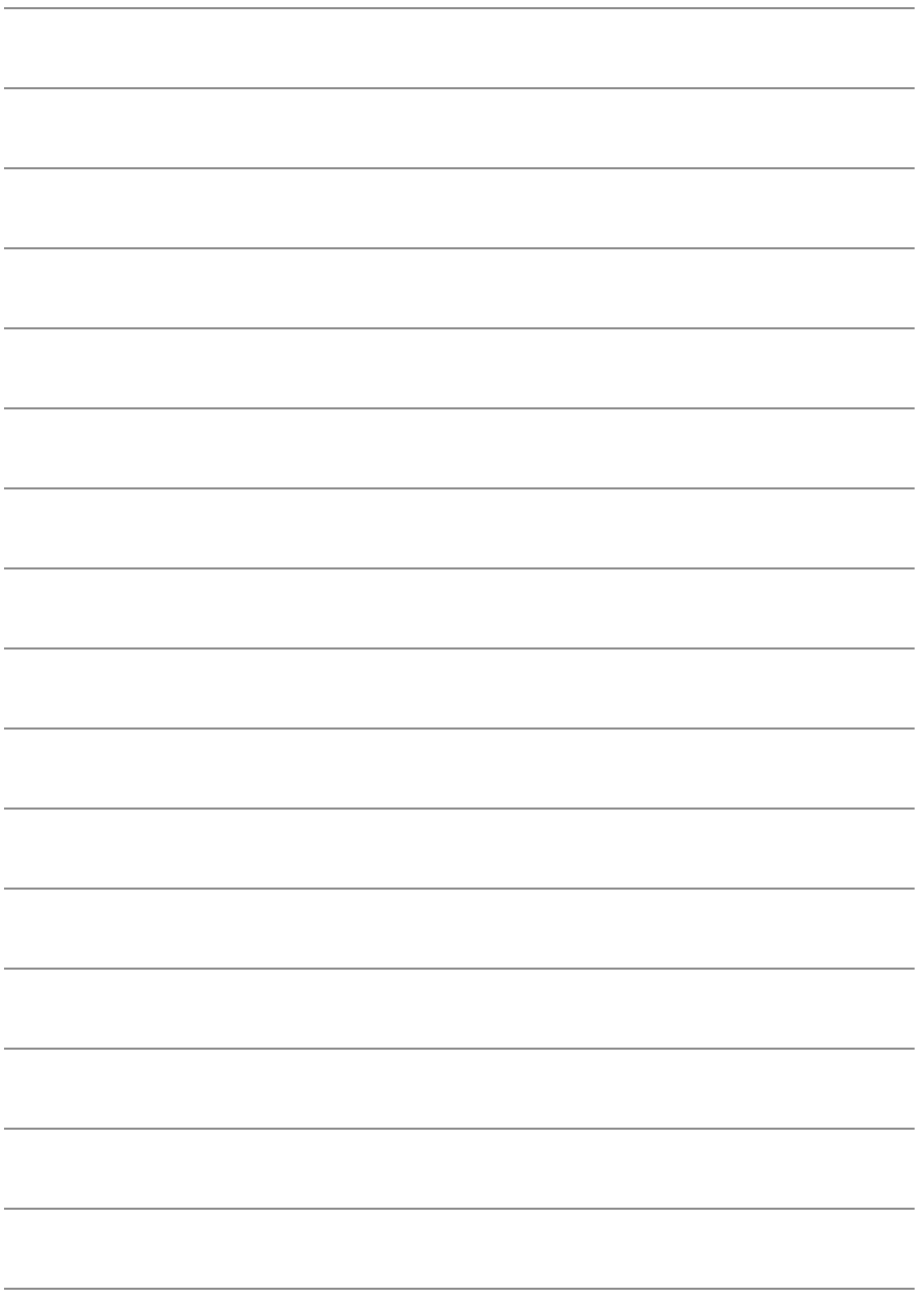












## **Bonus Activity**

We don't tell people often enough that we love them. Don't make that mistake. Take some time to write a letter to someone you love, or even to multiple people you love. Try to surprise them with the letters by leaving them in places they're sure to find it.

This is something you can do on a weekly basis, just to show your loved ones how much you care. If you suffer from depression or anxiety, your loved ones live with it just as much as you do. Small gestures to lift their spirits and let them know you appreciate them can go a long way.

# Activity Journal

Activity	Mood

## **Week 4**

### **Weekly Challenge:**

Give a hug to all the people you love the most.



“The Simple Path  
Silence is Prayer  
Prayer is Faith  
Faith is Love  
Love is Service  
The Fruit of Service is Peace”  
— **Mother Teresa**











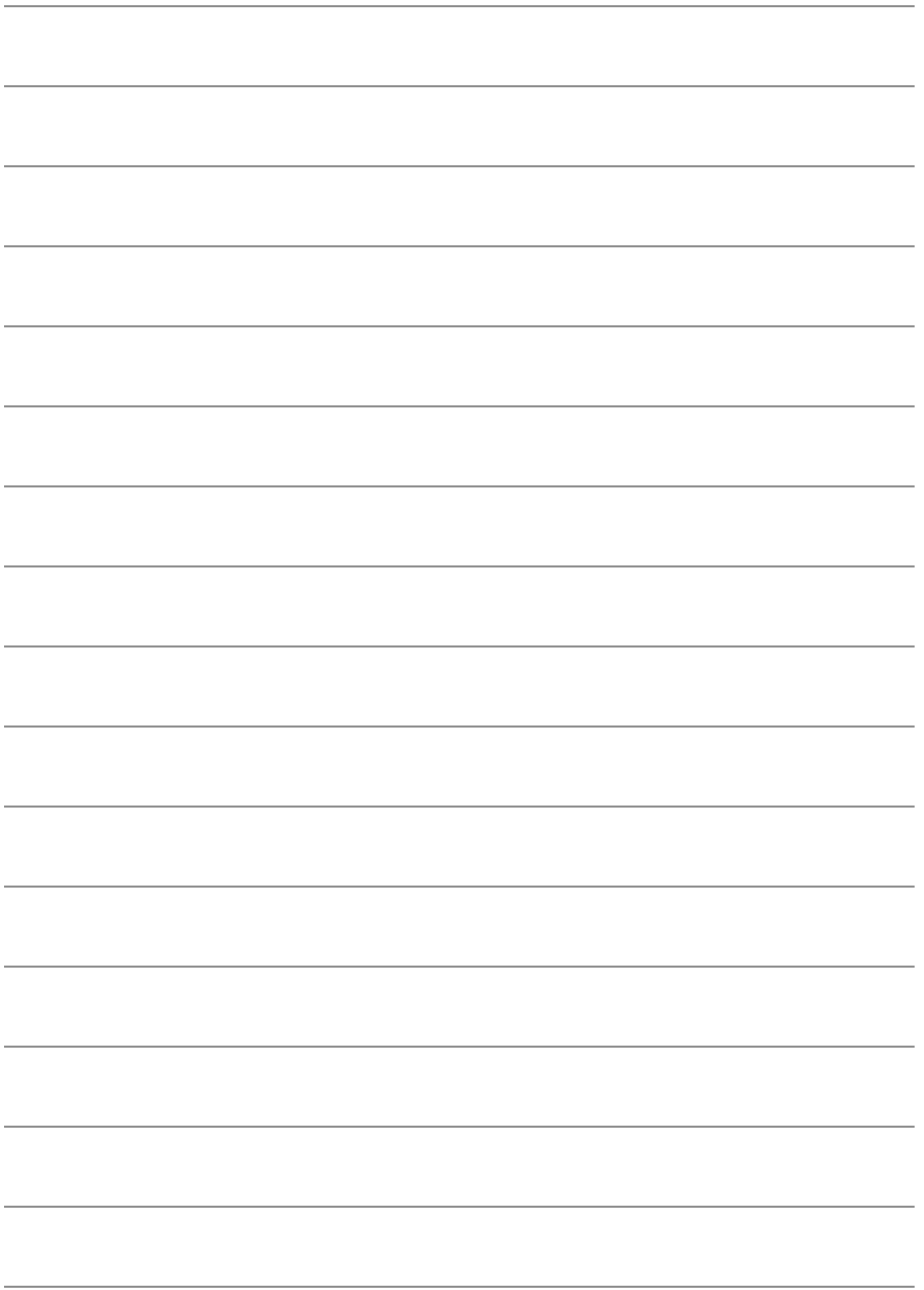


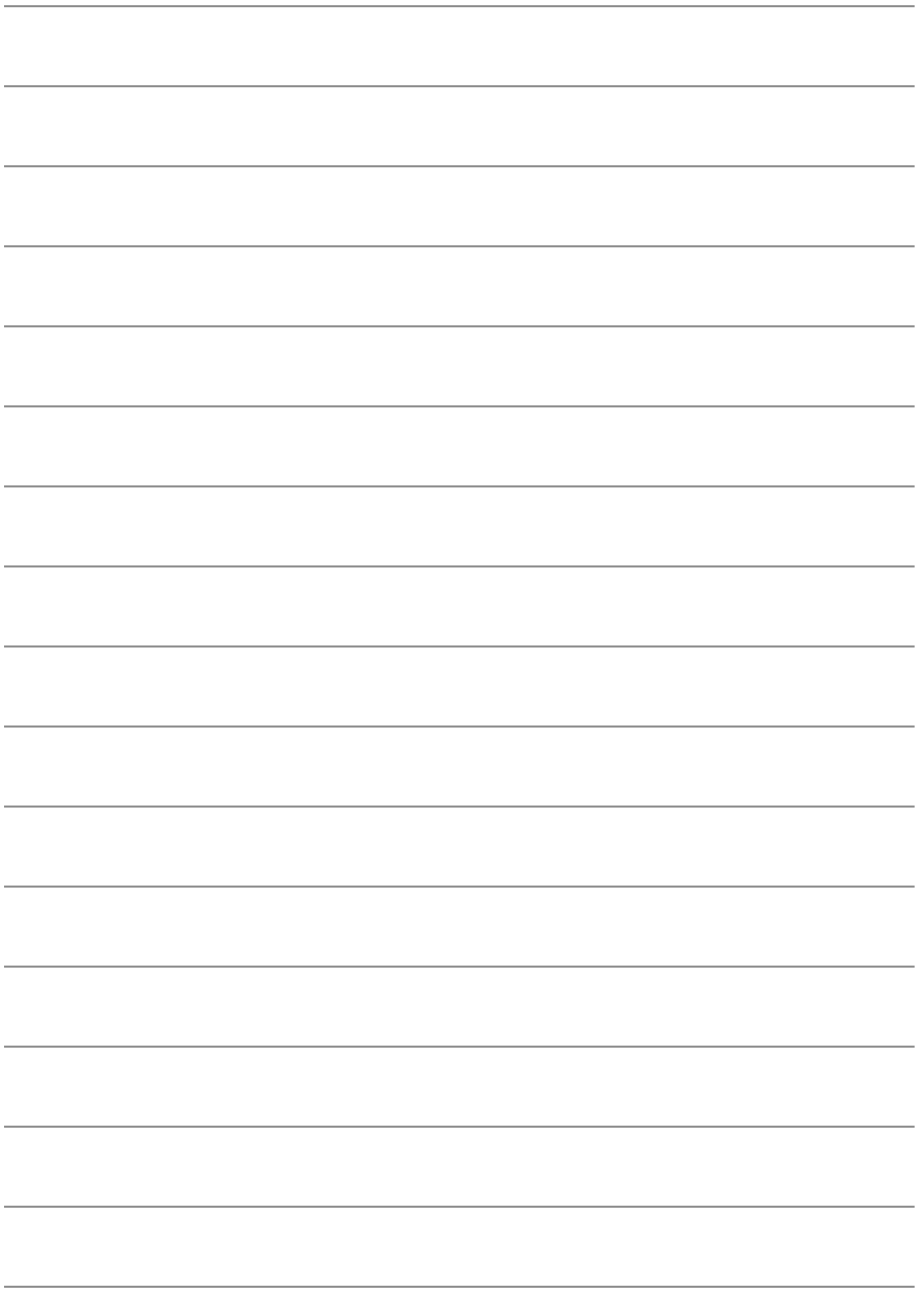












## **Bonus Activity**

If you're feeling up to it, consider volunteering at a homeless shelter, a food pantry, or some other non-profit. You don't have to commit too much of your time, just once every so often when you feel up to it is enough.

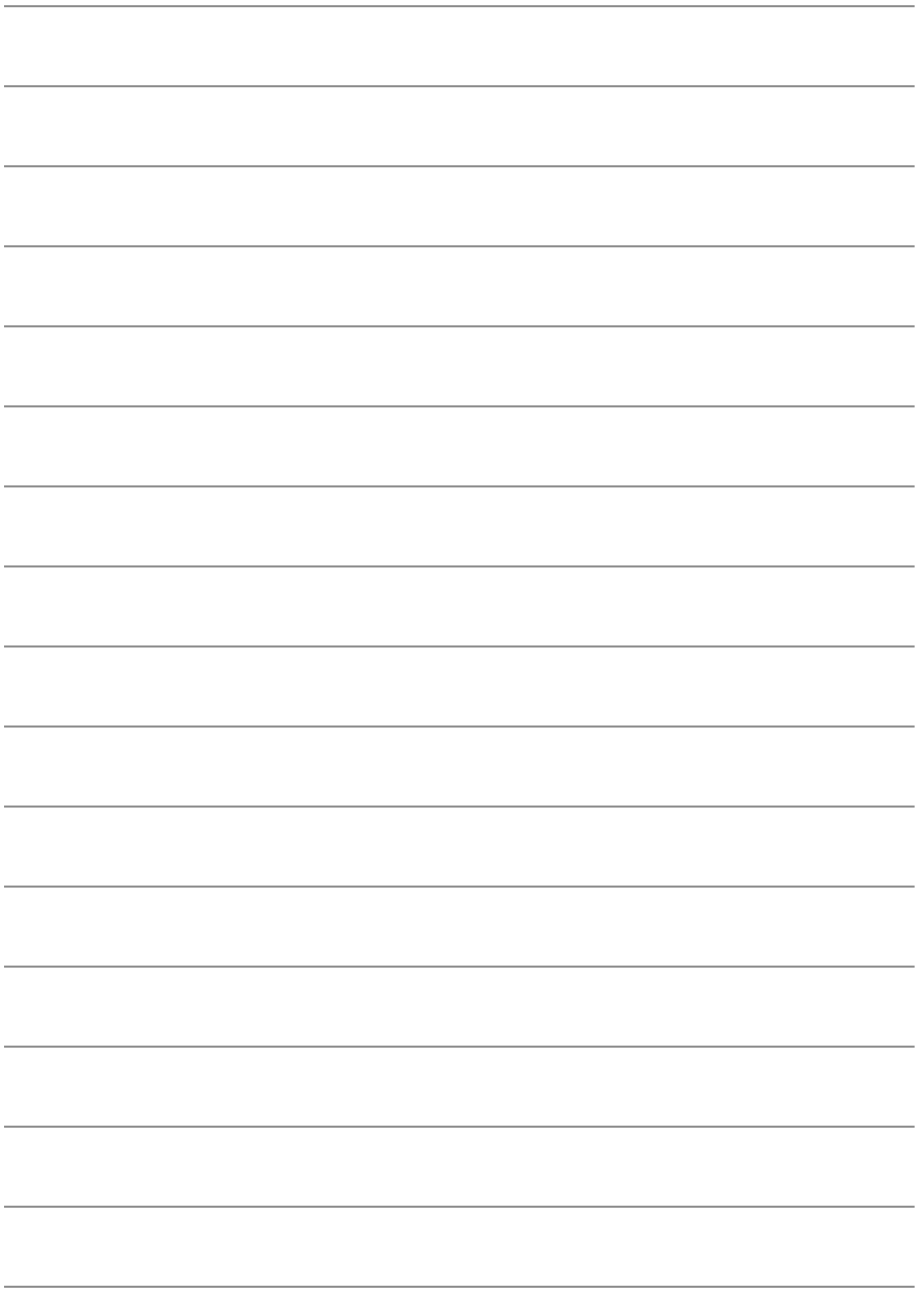
Volunteering to take care of others who are less fortunate than you can help to boost your self-esteem and empathy. The exercise of empathy can help improve your mood and encourage you to think of things outside of your own trauma and suffering. Empathy helps you to build resilience, and it enables you to help other people who are also suffering.

As a general warning, don't lose yourself in caring for others. You also need to take care of yourself. If you find yourself overworking to help everyone else while your own life falls apart then you need to take a step back for your own health and well-being.

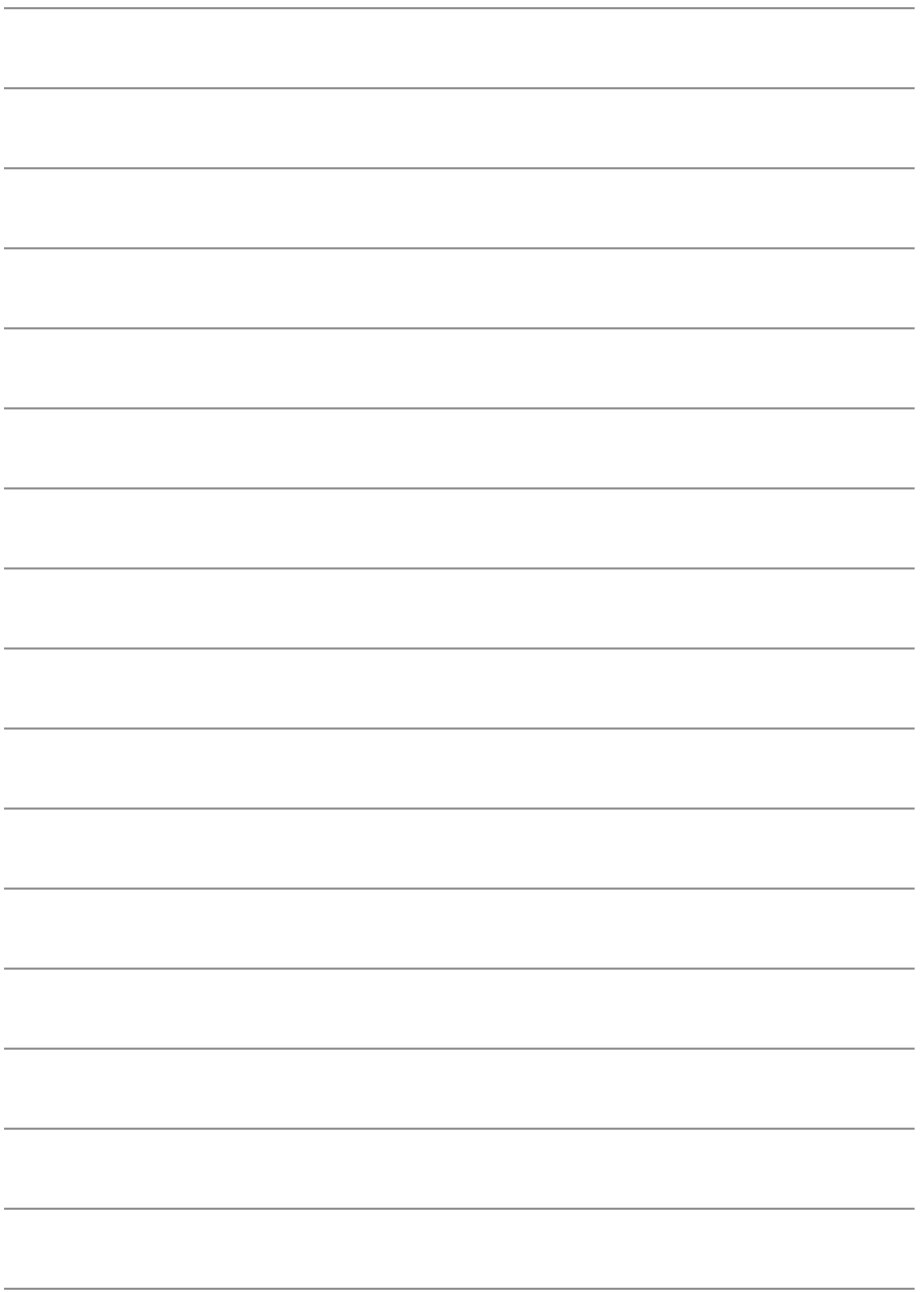
**Activity Journal**

<b>Activity</b>	<b>Mood</b>



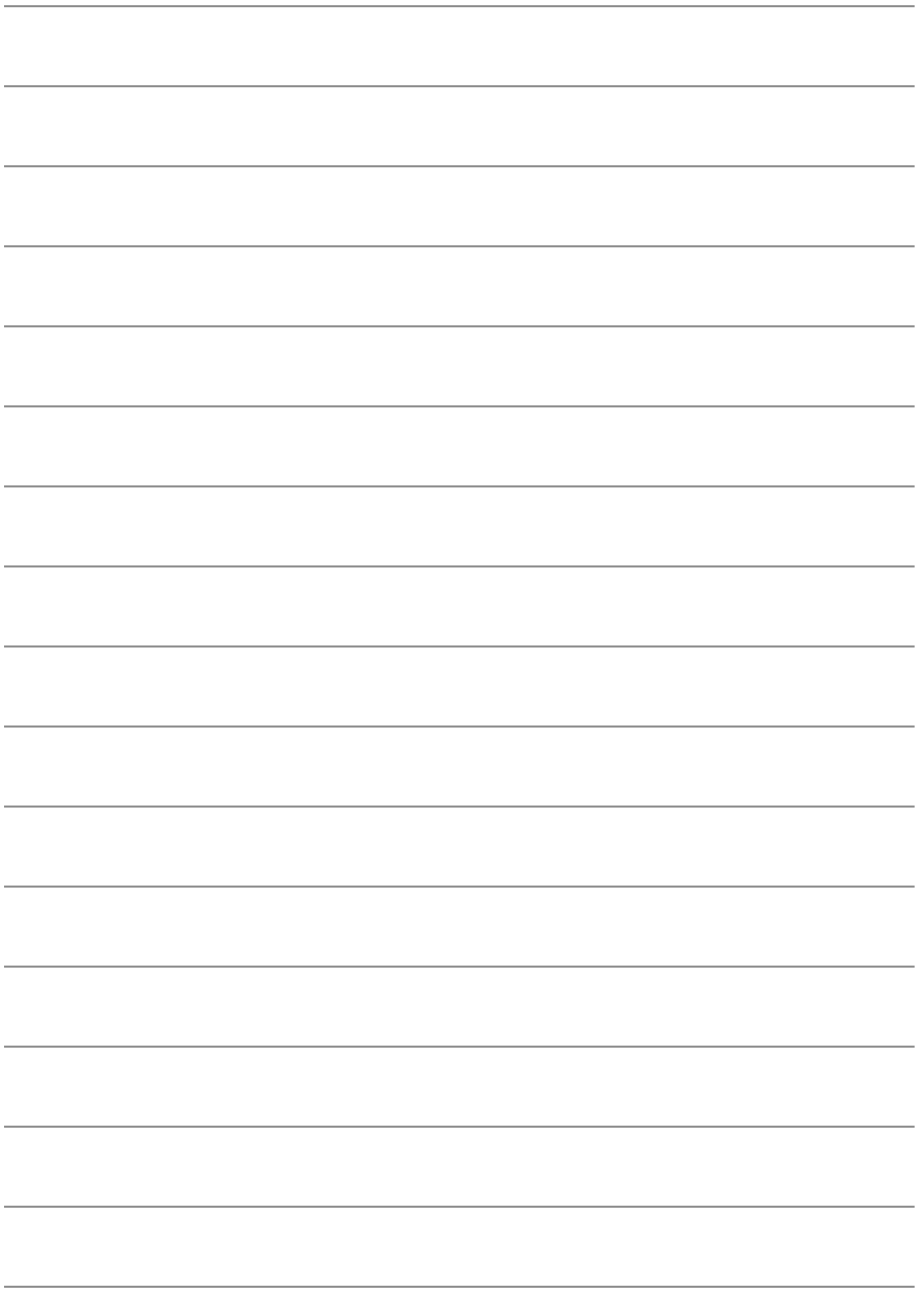


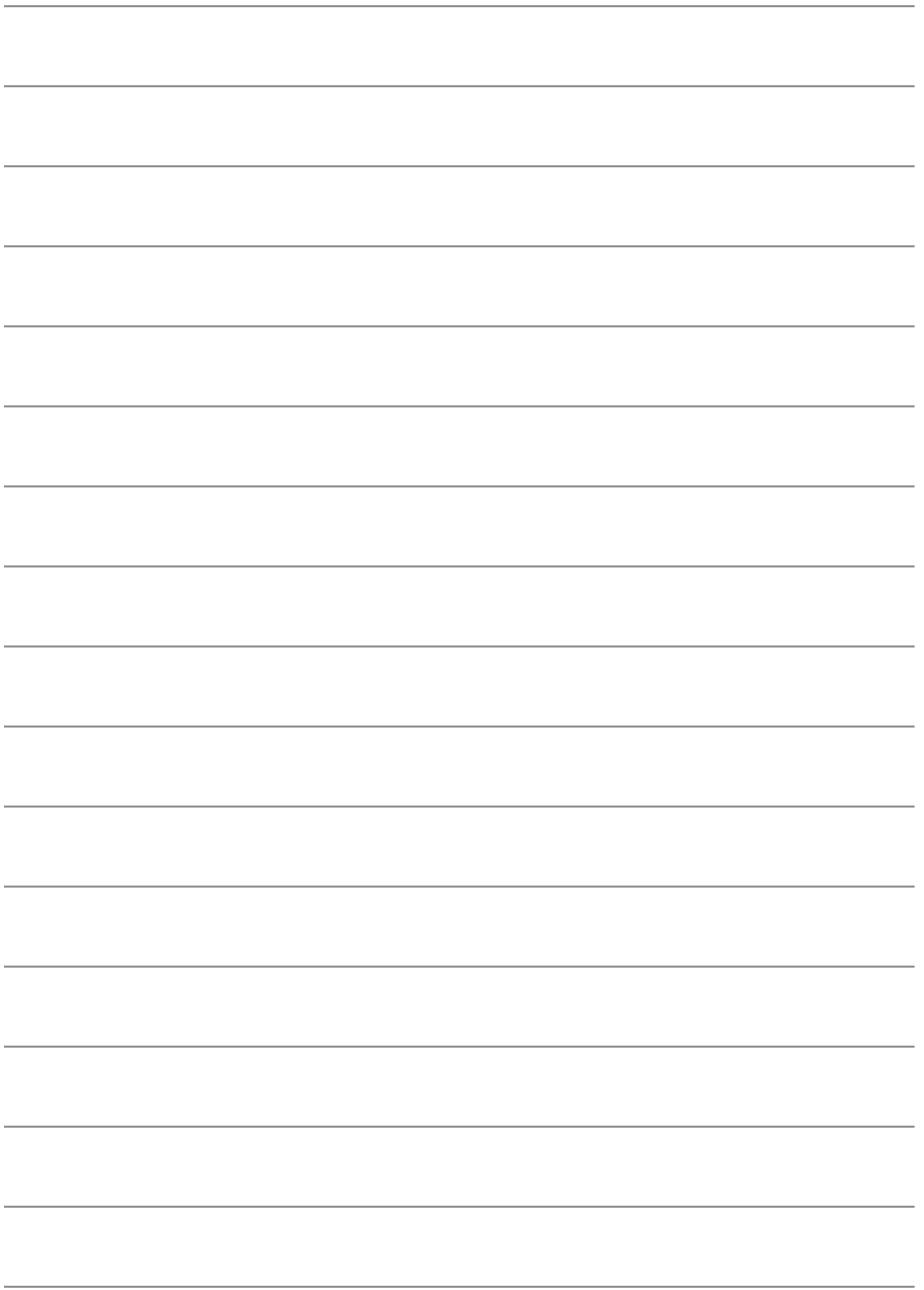






















# Activity Journal

Activity	Mood















## **Afterword**

Thank you for journaling with me over the past four weeks. I hope this experience was enriching. I wish you the best of luck as you move forward and examine your habits and try to create a positive lifestyle. Remember that you do not have to change all at once. Focus on one small step at a time and eventually you will end up somewhere new and hopefully somewhere good.

Your mental health is important, and you should always take good care of it. You don't exist in a vacuum, so don't be afraid to ask for help if you need it. Lots of people suffer from anxiety and depression and know some of the things you're going through. It isn't shameful to feel depressed or ask for help. It isn't shameful to have suicidal thoughts. It would be much more of a shame if the world lost someone as valuable as you. So please, take care of yourself. You're worth it.