

Mindful Journaling and Creating Positive Thoughts



Do you ever find yourself thinking more about what you are “not doing” or what you “should have done” rather than on what you “have done”?

Focusing on what we haven't done tends to create feelings of dissatisfaction and inadequacy, and can put us into a negative frame of mind.

This simple exercise changes the focus by reminding ourselves of all the things we *have* done and will instantly create positive thoughts about ourself.

EXERCISE

1. Capture in your journal all the things you **HAVE** done in the last week (at home or work) that have helped move things forward.
2. Write continuously for 7 minutes.
3. Read and reflect on how much you have achieved.