

HAPPIER, HEALTHIER HABITS JOURNAL



DAY 1: MOTIVATION



CHALLENGE

- ✓ Take a break and focus on your breath.
- ✓ Get a journal that you can use for the duration of the 21 days.
- ✓ Tell a family member or friend about what you are doing.

JOURNAL PRACTICE

- ✓ Write down what change you would like to see, and something that you would like to let go of.
- ✓ Create a pledge and write it down – who are you doing this for?
- ✓ Write down 5 things that you are grateful for today.

DAY 2: BECOMING MENTALLY FIT



CHALLENGE

- ✓ When you wash your hands, pay more attention to what you are doing for those 20 seconds. Really experience the action of washing your hands more mindfully.
- ✓ Drink a mindful cup of tea or coffee.
- ✓ Check-in with yourself by asking “how am I really doing today?”.

JOURNAL PRACTICE

- ✓ Journal about 5 things that you are grateful for, and identify someone that you are dedicating today’s challenge to.

DAY 3: FOCUSING ON A HEALTHY REALITY



CHALLENGE

- ✓ While you are washing your hands, say the following to yourself 3 times: “My health is the most important thing in my life, my family, friends, and colleagues’ health is also extremely important to me.”
- ✓ Continue with your mindful tea or coffee drinking.

JOURNAL PRACTICE

Journal around the question, “how can I focus on my health more?”.

DAY 4: LET'S TALK ABOUT VULNERABILITY



CHALLENGE

- ✓ Start a conversation about your journey, or encourage someone else to be able to talk about theirs.

JOURNAL PRACTICE

Journal about what you would like to say to someone about an area where you need help, but are too embarrassed to say so.

DAY 5: SLEEP SOUNDLY



CHALLENGE

- ✓ Digital detox 1 hour before bed.
- ✓ Limit caffeine after midday.

JOURNAL PRACTICE

Make a list of anything that could effect your sleep.

DAY 6: STRESS REDUCTION



CHALLENGE

- ✓ Make sure that you take a 10 minute break to breath deeply, every 90 minutes.

JOURNAL PRACTICE

Make a list of your triggers that cause you stress (knowing what they are can encourage us to respond instead of reacting).

DAY 7: HD RESOLUTION OF THE MIND



CHALLENGE

- ✓ Clean up the desktop on your laptop, PC, or Macbook – arrange everything neatly.
- ✓ Do three rounds of deep breathing with closed eyes, and then do your daily planning and identify which emails to attend to.
- ✓ Colour-code the emails so you can identify urgent and not-so-urgent ones.

JOURNAL PRACTICE

Journal around what boundaries you can begin to apply to emails, messages, people, and demands on your time (these might include social as well).

DAY 8: BUILDING A RESILIENT BRAIN



CHALLENGE

- ✓ Be resilient like a tiger – make your screensaver for today a picture of a tiger (on your phone and desktop).
- ✓ Connect the qualities of the tiger to your mind.

JOURNAL PRACTICE

List the times in your life when you were resilient, bounced back from a crisis, and maintained your focus.

A large, empty white rectangular box with a thin black border, intended for journaling or writing responses to the practice prompt.

DAY 9: HOW TO RELAX



CHALLENGE

- ✓ Create a space in your home or in your life that you can retreat to – it may be a special chair or carpet that you sit on. It might be that you request that your family or colleagues give you 5 minutes of “settling-in” time.

JOURNAL PRACTICE

Journal around what you do to relax and how it supports you.

DAY 10: MINDFUL EATING



CHALLENGE

- ✓ Enjoy a mindful experience this evening – with family, friends, or alone. The first part will be practicing gratitude for the food, its source, and that we have bodies well enough to eat it.
- ✓ Then try to switch off digitally – turn off the TV or phones and create a calm atmosphere to fully experience the food.
- ✓ The challenge is to slow the process down as much as possible.

JOURNAL PRACTICE

Write down or create a little prayer or affirmation that you could say before you eat to help you bring awareness and presence to gratitude.

DAY 11: MINDFUL MOVEMENT



CHALLENGE

- ✓ Go for a mindful walk, for at least 20 minutes at whatever pace you enjoy. Time your walking with your breathing – when the mind moves, bring it back to the breathing and walking.

JOURNAL PRACTICE

- ✓ List the exercises that you enjoy and see how you can bring some imagination into those sessions, rather than just spacing out.
- ✓ Set an intention: I'm going to do my run for today.

DAY 12: SELF-COMPASSION



CHALLENGE

- ✓ Today, take a break every 60 minutes.
- ✓ Set aside one hour of healthy mind, healthy body a day.
- ✓ Check your emails at certain times (as well as Facebook and the news).

JOURNAL PRACTICE

- ✓ Create a self-kindness page in your journal. Write down the advice that someone who loves (or loved) you unconditionally would say (perhaps a wise and loving grandparent, or an elder you admire).
- ✓ Then read those words and feel that it is ok for you to say these things to yourself from time to time.

DAY 13: R U OK?



CHALLENGE

- ✓ Today, be the one who suggests a check-in with your colleagues or family. It's the most compassionate thing you can do.
- ✓ Call someone who you might be concerned about and give them the space to check-in.
- ✓ Sit outside and gaze at the sky. Connect with the blueness, the sun, and the passing clouds as you reflect.

JOURNAL PRACTICE

Write about how you have been feeling and why. Shine the light on your internal landscape and suggest ways of comforting or uplifting those emotions.

DAY 14: EMOTIONAL INTELLIGENCE



CHALLENGE

- ✓ While you are washing your hands, recite these lines: “May I be Happy, may I be Healthy, may I be Safe, may I be filled with peace”. Think of someone else and recite: “May you be Happy, may you be Healthy, may you be Safe, may you be filled with peace.”
- ✓ Perform a ‘random act of kindness’ for someone (or it might just be for yourself). Plan a week of daily acts of kindness for yourself and others. List the next 7 days in your journal.

JOURNAL PRACTICE

Journal around the question: How did I take care of myself today, and how did I take care of someone else today?

DAY 15: GRATITUDE



CHALLENGE

- ✓ Leave little notes for your family in 'secret' places where they will find them.
- ✓ Choose 3 people to send a message of gratitude to via text message.
- ✓ Stick a sticky-note next to your bed to remind you to contemplate gratitude on waking and going to sleep (could even be a bookmark).

JOURNAL PRACTICE

List 5 things to be grateful to today, then list 5 qualities about yourself that you are grateful for. If you try to cultivate this practice daily, try to list 5 new things instead of the points listed before.

DAY 16: PRACTISING YOUR VALUES



CHALLENGE

- ✓ Reflect upon 2-3 influential people in your life, and their values that you find inspirational. Contact them and thank them for their values and how they influenced your life.

JOURNAL PRACTICE

- ✓ Identify and write down 6 values that are important to you. Write about one of them by answering the question “How have I honoured this value today?”

DAY 17: RESPONS-ABLE



CHALLENGE

- ✓ Imagine a scenario of an uncomfortable encounter with someone. Imagine what they would say and simulate your response (rather than your reaction). Practice pausing, and giving yourself space between stimulus and response.
- ✓ Write down a list of your regrets to crumple and throw away.

JOURNAL PRACTICE

On day 16 you will have written down your personal values. Ask yourself “how did I honour these values today?” and write down your answer.

DAY 18: IGNITING INNOVATION



CHALLENGE

- ✓ Colouring-in challenge using the mandala image or something similar. Focus on the activity, and as your mind moves bring it gently back to your drawing.
- ✓ Keep a note pad nearby if any ideas arise.
- ✓ Make time to go for a walk alone and include some mindful breathing and contemplation.

JOURNAL PRACTICE

Write down the things in your life (at work, with your family) that you like to solve or unpack further.

DAY 19: CURIOSITY & DIVERSITY



CHALLENGE

- ✓ Visit a social media platform and observe your tendency to judge – instead, switch places with that person and apply curiosity.
- ✓ Water the garden and contemplate what you nurture and grow in your life.

JOURNAL PRACTICE

List all of the people we currently judge badly, apply curiosity, and challenge your cognitive fusion.

DAY 20: TALK TO ME



CHALLENGE

- ✓ Identify a friend or colleague that you could offer listening support to.
- ✓ Practice the FAN model of communication on a loved one (secretly).
- ✓ Try the repeat-back tactic today (for fun).

JOURNAL PRACTICE

Journal around how open and honest communication leads to happy relationships in your life.

DAY 21: BEING THE CHANGE



CHALLENGE

- ✓ Create your own affirmation for change.
- ✓ Change your hair, buy new clothes, shave your beard (or grow one). Re-invent yourself often.
- ✓ Feel gratitude for yourself.

JOURNAL PRACTICE

- ✓ List all the great changes in your life, see how you navigated them all.