

CHAPTER TWO

EMOTIONAL

“We should examine ourselves and learn what is the affection and purpose of the heart, for in this way only can we learn what we honestly are.”

— MARY BAKER EDDY

DAY 19: CHECK IN WITH YOURSELF

REFLECTION

How do you feel about your current lifestyle?

What are your deepest wants and needs right now?

Does your lifestyle meet these wants and needs?

How can you begin prioritizing what you value?

DAY 20: WRITE WHAT'S WRONG

REFLECTION

How did this practice help you address an uncomfortable issue or emotion?

How did it help you to think of each emotion as a wave?

How can this process help you clarify, confront, or let go of emotional pain and overwhelm?

DAY 21: WRITE WHAT'S RIGHT

REFLECTION

What are you grateful for?

1.

2.

3.

What do you love about yourself?

1.

2.

3.

What are you capable of?

1.

2.

3.

DAY 22: TELL SOMEONE WHAT'S WRONG

REFLECTION

Who do you turn to when you need support?

Who did you reach out to today?

How did it feel to be vulnerable with that person?

If applicable: Based on what you know of yourself (your history, tendencies, personal expectations, etc.), why might you find it challenging to be vulnerable with other people?

DAY 23: REFLECT ON HAPPY TIMES

REFLECTION

Which memories did you reflect on today?

What did this practice show you about what makes you happy and what you value?

What are some other happy memories you have?

DAY 24: FORGIVE SOMEONE

MORNING REFLECTION

Are you harboring resentment or holding a grudge against someone?

How does this affect you?

How will forgiving that person change your life?

EVENING REFLECTION

What was challenging about today's practice in forgiveness?

What emotions did you experience as you went through your process?

How did you feel afterward?

DAY 25: CELEBRATE YOUR GROWTH

REFLECTION

Write down three things in your life worthy of celebration.

- 1.
- 2.
- 3.

What are three ways you've grown in the past year (big or small)?

- 1.
- 2.
- 3.

Choose one item from your list and write down the steps that went into your achievement or growth.

Now, how will you celebrate yourself ?

DAY 26: JOURNAL ABOUT YOUR DREAMS

REFLECTION

Values: When you look back on your life, how will you measure its importance?

Ideals: If money were no object, what would your dream life look like? What would you do if you knew you could not fail?

What is one thing you can do today to move closer to your dream life, even if it seems far away or impossible to reach?

DAY 27: WRITE YOURSELF A LETTER

REFLECTION

How did it feel to think of yourself as a friend?

How does this mindset reflect the way you treat yourself?

What messages do you need to tell yourself more often?

How might writing these messages to yourself help you build confidence and self-love?

DAY 28: TALK TO YOURSELF

REFLECTION

What did you tell yourself (or want to tell yourself)?

How did it feel to look yourself in the eye?

What did this practice reveal about the messages you usually tell yourself?

DAY 29: PRACTICE A MANTRA

REFLECTION

What is your mantra for today?

Why is it important to you to focus on this?

What is one thing you can do today to turn your intention into reality?

DAY 30: EXPRESS YOURSELF

REFLECTION

What did you do during your 30 minutes of self-expression?

How did you feel during this time? After?

What other activities bring you joy through expression?

DAY 31: ENGAGE IN PLAY

REFLECTION

How did you engage in play today?

What thoughts, feelings, or questions came up?

How did 10 minutes of being creative or goofy affect the rest of your day?

DAY 32: BE YOUR OWN DATE

REFLECTION

Write three sentences about what you did on your date and how you felt during and afterward.

1.

2.

3.

Do you believe that you deserve your love and attention just as much as anyone else does?

How do (or will) you act on this belief ?

DAY 33: ACTIVELY LISTEN

REFLECTION

How do you feel when someone really listens to you?

What do you usually think about when listening to other people?

How did (and can) active listening transform your interactions?

DAY 34: ASSESS YOUR RELATIONSHIPS

REFLECTION

Identify any unhealthy relationships. What makes those relationships unhealthy?

How do you feel around that person (or those people)?

How does that relationship (or those relationships) negatively impact you?

Now, identify your healthy relationships. What makes those relationships healthy?

How do you feel around that person (or those people)?

Who would you like to spend more time with? And why?

DAY 35: IDENTIFY YOUR FEELINGS

REFLECTION

What emotion do you feel right now?

Where did this feeling come from?

How do you usually respond when it feels like your emotions are taking over?

How did (or can) it help you to think of each emotion as a wave?

DAY 36: INVEST IN YOURSELF

REFLECTION

What self-investment did you make today? Why?

What results do you want to see?

What will you need to do to create those results?

CHAPTER TWO REFLECTION

REFLECTION

How have you learned to understand your feelings and better trust them?

Which practices resonated with you? Make a note of those you want to come back to.

BEFORE MOVING FORWARD

- *Be proud of the investment you've made in yourself.*
- *Recognize the insight you have gained because of the work you've done.*
- *Celebrate the growth you've experienced because you chose to grow.*
- *Remember your capacity for self-empowerment, fulfillment, and transformation.*
- *Believe that you will continue to connect to your inner wisdom should you choose to live with mindfulness.*