This journal is a very simple way to log your activities on a given day in four individual categories: **mind, body, heart, spirit**. It will take you less than 5 minutes to do!

1 At the end of the day or at the beginning of the next day, recall your day's activities and record them in brief snippets in each category, for example, biked 5 miles, read a novel, read a magazine, read a white paper, submitted proposal, finished website design, walked during lunch, went on a date, took kids to playground, baked cookies, went to the gym, had dinner with the whole family, went to happy hour, etc. Whatever makes up your day.

2 Write down each snippet in the category you think it belongs in. Go with your first instinct. For example, "read a magazine" could belong to any of the four categories depending on what magazine you read or how it made you feel or what parts of you it activated the most. That's up to you.

3 Do this every day for one full week - that's 7 total days, including the weekend.

4 Try not to over-analyze. Trust your gut and just write down what comes to you in whichever category feels right.

5 On the 8th day, take account of what you have done and write down a few thoughts about what the journal tells you about yourself. Take action on any specific things you noted in your review and feel free to keep journaling. That's it. Start today!

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designed by Sara Coffey

	MIND	BODY	HEART	SPIRIT
DAY 01				
DAY 02				
DAY 03				
DAY 04				
DAY 05				
DAY 06				
DAY 07				

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