



# Journal of Positive Aspects: A 31-Day Challenge!

## Using a Journal of Positive Aspects to Improve Your Life!



### A big big thank you!

What a pleasure to have you accept this 31-day challenge to journal about positive aspects! It is my hope that you receive benefit from this journaling challenge in every aspect of your life. A complimentary Joy Empowerment Consultation Call (upon request) and reading list attached are my gifts to you!



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# Introduction to the Journal of Positive Aspects

## Journaling by Handwriting

- ❖ It is very important that journaling should be performed by handwriting. There are very important neurological advantages to writing by hand rather than by computer. Your brain can be rewired to accept new neural-pathways that link to what you are thinking about. So keep it positive!
- ❖ Use a pen that feels good to you. Make sure it is comfortable and the ink flows freely in the size tip you like. This makes writing easy and you will tend to feel like writing more because your hand doesn't tire as quickly.

## Print out the Journal of Positive Aspects

- ❖ Download and print out this Journal of Positive Aspects. You will be entering your daily journal directly on this journal provided.

## Set Your Intention

- ❖ It is best to set your intention before you begin and every day thereafter as you sit to journal.
- ❖ Quiet your mind. Breathe deeply and relax.
- ❖ Look at the journal subject for the day and meditate a moment before beginning to write.
- ❖ Write as long as it feels good. The more you look for positive things, the faster they will come.

## Let's Journal!

**Day 1:** Considering your health, what's going right? Think about all the things you appreciate about your health, your body's performance and its functions.

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**Day 2:** Considering your relationships, what's going right? Think about all the things you appreciate about your relationships. Find positive aspects about all different kinds of relationships--family, friends, co-workers, etc.

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**Day 3:** Considering your finances, what's going right? Think about all the things you appreciate about your finances. Even if they are not where you'd like them to be, there are positive things you can appreciate about the money you already possess.

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**Day 4:** Considering your time-freedoms, what's going right? What do you do during your free time? Do you take time to do pleasurable things, fun things and self-care things?

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**Day 6:** Consider a situation that is bothering you, what positive aspects can you find? Even when we encounter a difficult circumstance, there is always a silver lining. Even if it's a matter that the circumstance let you know exactly what you don't want, which lead you to making your preference for something better!

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**Day 7:** If time, money, society, gender, or age was not an issue, what would you love to do? If there were absolutely no limitations to something you'd love to do, what would those things be?

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**Day 8:** Play the “What-If” game in positive manner. Think of as many “What-If” situations that would be pleasing to you. Like, what-if my body began healing; what-if my house sold in perfect timing and at the perfect price.

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**Day 9:** What do you love about nature? What are some of your favorite things in nature--plants, animals, birds, water? When you take nature walks, what do you find the most enjoyable?

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**Day 10:** Notice how you’re feeling right now. If you are feeling good, think back over thoughts you’ve been thinking and expound upon them with more detail to feel even better. If you are feeling bad, notice the thoughts you’ve been thinking and purposefully look for positive aspects on the subject OR change the subject altogether to see if you can get some relief.

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**Day 11:** What do you appreciate about your Higher Source, Infinite Intelligence, God, Source Energy? Whatever the name you give to your higher power, acknowledge what It means to you.

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**Day 12:** Think about a problem you see in the world. You know what you don't like about it. Now, write about the improvement you would prefer. How could this event, situation, condition be improved? Since LOA says there is only attraction and no exclusion, what improvement or solution would you like to attract?

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**Day 13:** Spend a few moments appreciating your spouse, partner or dear friend. Write about all their positive aspects that you appreciate about them. How do you feel about being close to him/her?

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**Day 14:** Think of a person that irritates you. What positive aspects do they possess that you do admire about them. This can be tough to write about as you may have to search long and hard to find things to appreciate about them. They may have a love for rescue animals; they may have a great smile; they may volunteer their time, etc.

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**Day 15:** If you had some extra free time, what would you love to do with it? If you had an extra hour or two in your day, just set aside for you, what would you do during that time?

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**Day 16:** What would your perfect health look like? What would you do if you had perfect health? How would it make you feel?

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**Day 17:** If you were on the Isle of My Perfect Life, what would that look like? If you could dream of your perfect life experience, what would you be doing, feeling, having?

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**Day 18:** Think about how you respond to negative experiences. What improvements would you like to see in yourself? How better could you respond?



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**Day 19:** Since there is no exclusion in LOA, how might you be pushing against something that bothers you? Write about how you could stop pushing and start focusing on a positive outcome. What would make you feel better?

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**Day 20:** Knowing the LOA is all about attracting and you attract everything that comes into your experience, how could you stop blaming outside influences and take responsibility for what you've attracted? How could you respond more positively when facing a negative situation out of your control?

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**Day 21:** If you tend to complain about things, people and situations, what thoughts about these feel better? What could you think about instead of complaining? How can you turn a complaint into a positive aspect?

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**Day 22:** How can you turn worry about the future, into a positive affirmation? If you are worrying about your health, what affirmation can you design that would bring you relief and offer a higher vibration in the situation? Eg., *My body responds with health and vitality when I focus on things that feel good. I want to feel good now and I am willing to change my thought vibrations for my healing.*

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**Day 23:** If there is something enjoyable you've always wanted to try or do, what is it? Make a plan to schedule that activity. Commit to it by scheduling a date that you'd like to accomplish it. Make it fun!!

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**Day 24:** I am blessed with these 7 things. Write one blessing for each line provided.

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**Day 25:** When you begin looking for positive things throughout your day, what 7 things have you found? Write one positive thing on each of the 7 lines provided.

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**Day 26:** What 7 things have surprised and delighted you recently? Write one surprise or delight on the 7 lines provided.

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**Day 27:** What would you like to contribute to the world to make it a better place? Write at least 3-5 things that would make a positive impact on your world if you fulfilled your contribution.

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**Day 28:** What small or large victory can you acknowledge and celebrate today? What has been a positive “win” for you lately? Have you made an attitude adjustment that has proven beneficial?

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**Day 29:** Take some time for self-care today. Do something nice just for yourself. Write about what it was and how it made you feel?

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**Day 30:** If you could change 2-3 things about you, what would they be and why? We always want things because we think we will feel better by the having of them. Do not focus on the how, when, where or who--that is the job of Source. Your only job is to know what you want and why--how it will make you feel when you get what you want.

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**Day 31:** What is the biggest lesson you have learned from this journal process? What positive benefits have you noticed in your attitude? Do you feel any better from having practiced journaling about positive aspects?

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## Suggested Reading List:

- ❖ These authors have multiple books and I have listed some of their writings. There are more to choose from as you search for the authors' names.
- ❖ Esther and Jerry Hicks - The Teachings of Abraham®
  - Ask, and It Is Given
  - The Vortex
  - The Amazing Power of Deliberate Intent
  - The Law of Attraction
- ❖ Dr. Joe Dispenza
  - You Are the Placebo
  - Evolve Your Brain
  - Becoming Supernatural (new!)
- ❖ James Allen - As a Man Thinketh (all his writings are at [www.jamesallenlibrary.com](http://www.jamesallenlibrary.com))
- ❖ Dr. Bruce Lipton
  - Biology of Belief (10th year anniversary edition)
  - Spontaneous Evolution
- ❖ Louise Hay
  - You Can Heal Your Life
  - You Can Heal Your Body
  - Mirror Work
- ❖ Maxwell Maltz, MD, FICS - Psycho-Cybernetics
- ❖ Deepak Chopra - The Seven Spiritual Laws of Success
- ❖ Napoleon Hill - Think and Grow Rich
- ❖ Rhonda Byrne - The Secret
- ❖ Dr. Wayne Dyer and Esther Hicks - Co-Creating at Its Best
- ❖ Dr. Wayne Dyer - There's a Spiritual Solution to Every Problem
- ❖ Neale Donald Walsch - Conversations with God series
- ❖ Ernest Holmes - The Science of Mind

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## Coaching with Mary Ann Pack, Holistic Coach

- ❖ One-on-One Coaching Programs (3- and 6-month programs)
- ❖ Group Coaching Programs (3- and 6-month programs) For Individuals, Businesses, and Organizations
- ❖ Available for: Speaking Engagements, Interactive Workshops, and Retreats
- ❖ Contact Us:
  - Phone: (903) 227-0273 Please leave a detailed message.
  - Email: [maryannpackcoaching@gmail.com](mailto:maryannpackcoaching@gmail.com)
  - Website: <http://maryannpack.com> (Coming Soon! ReAwakenYourJoy.com our integrative learning website for coaching programs)
  - Facebook: <http://facebook.com/maryannpackcoaching>
- ❖ If you would like a complimentary Joy Empowerment Consultation call with Mary Ann, please contact me. Let's see if we are a good match for coaching!!



Mary Ann Pack, YOUR Holistic Coach