

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

Using a Journal of Positive Aspects to Improve the Whole of Your Life and Well-Being!

This journal is used in conjunction with the *31-Day Autoimmune Relief Challenge!*



## 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 *Discover My Well-Being Session* (upon request) and reading list attached are my gifts to you!

I look forward to hearing about the improvements you have noticed at the end of this practice!

To your joyous well-being,

A handwritten signature in black ink, ending with a small heart symbol.

*Creating joyous realities one alignment at a time!*

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# Introduction to the Journal of Positive Aspects

## Printing Out the Journal and How to Journal by Handwriting

- ❖ Download and print out this *Journal of Positive Aspects*. You will be entering your daily journal directly on this journal provided. You may want to write the *date* beside the designated day.
- ❖ 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! The longer you stay in good-feeling vibrations, the more quickly you will see benefits!
- ❖ 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.

## Set Your Intention

- ❖ This is sacred inner work. This special time is to be set aside for your well-being.
- ❖ 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:** It's so important for us to learn to appreciate our bodies. They are our partners carrying us through this life! 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.

**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.

**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 5:** Consider a place you'd love to travel. What are the positive aspects of traveling to this location? Describe the good-feeling sights, sounds, tastes, smells and feelings that you might expect to experience by visiting this place. How would you feel if you took the time and planned this trip? Who would go with you? What would you do there that excites your whole being?

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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; what-if I found better feeling thoughts; what-if my thoughts could help my body heal?*

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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 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 the Law of Attraction says there is only attraction and no exclusion (pushing against anything or shouting NO at something or someone), 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 (values, worth, character, physical features, generosity, lovingness, etc.) 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. There are always positive aspects to everyone!

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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, being? Tell your new story like it was a movie script with lots of imagery, sights, sounds, smells, etc.

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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? Rather than just knee-jerk reactions which can throw you into an emotional roller-coaster, consider how you would prefer to respond. You know you'd like to see improvements about how you handle emotionally charged situations.

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**Day 19:** Since there is no exclusion in LOA, how might you be *pushing against* something that bothers you? What are you shouting NO at? Because we know that anywhere we direct our attention, that's where our energy flows. Attention to anything is a request for more of the same things that would bring you that same feeling! Write about how you could stop pushing and start focusing on a positive outcome. What could you think about this thing that actually makes you feel better? When you think

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better feeling thoughts, you are in harmony with your Inner Source who only thinks things that feel good!

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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? We love to accept that we attract good things but it's not so fun to acknowledge that we've attracted things that make us feel bad. Nothing is under your control except what you think and how you choose to feel. How could you respond more positively when facing a negative situation out of your control? What positive things could you appreciate about the situation?

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**Day 21:** Complaining about *anything* is a request for more things to complain about. The Universe is feeling your bad-feeling vibrations while you complain and accepts that it must be your request for more things to help you feel that bad. 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 compliment? Look for those positive aspects.

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**Day 22:** Worry is a prayer for more things to worry about! 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 to allow my well-being which is natural.*

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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. Write about what it is, who's with you, and how it makes you feel. 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? Are positive things beginning to show up more consistently? Write one positive thing on each of the 7 lines provided.

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**Day 26:** When we maintain our attention toward positive aspects, the Universe loves to surprise and delight us with *winks*, proving Its support! 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:** We're not here to *fix* anything or anyone. We are here to experience as much joy as possible! And, that joy expression expands the evolution of the world. What would you like to joyfully contribute to the world to make it a more joy-filled place? Write at least 3-5 things that would make a positive impact on your world if you fulfilled your joyous contribution.

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**Day 28:** Celebrating our *wins* encourage, not only ourselves, but it can encourage someone else who is looking to us for possibilities. 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? Have you enjoyed some quiet time and didn't feel guilty? Have you achieved a goal?

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**Day 29:** Being selfish is simply caring enough about feeling good. Making feeling good your top priority is necessary to fulfill your life's purpose of experiencing as much joy as possible. Take some time for self-care today (Hint: no guilt necessary!). Do something nice just for yourself. Write about what it was and how it made you feel?

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**Day 30:** We all want improvement. We all want to feel good. 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. Consider writing about changing beliefs you may hold that no longer serve you; an attitude adjustment you would like to make; taking more quiet time in meditation, etc.

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

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about positive aspects? Have you experienced any aha moments where the lightbulb of connection flashed on?

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## Thank you....

Wow! What an amazing and enjoyable time I've had creating this **Journal of Positive Aspects** for you! When I sit down to write or create content for my clients, I wait until I receive clarity as to what *you* are needing or an improvement you are asking for. I allow myself to connect energetically with those who are seeking help. And, here, you showed up! So, thank you for being a co-creator in this project! As promised, here is the suggested reading list.

### 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, and so many more!
- ❖ Dr. Joe Dispenza
  - Your Are the Placebo; Evolve Your Brain; Becoming Supernatural (newest!)
- ❖ James Allen - As a Man Thinketh (all his writings are at <https://jamesallenlibrary.com>)
  - This is one of my all time favorites! It's very old but truly on-point with mindset transformation work.
- ❖ Dr. Bruce Lipton
  - Biology of Belief (10th year anniversary edition); Spontaneous Evolution

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- ❖ Louise Hay
    - You Can Heal Your Life; You Can Heal Your Body; Mirror Work
  - ❖ 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; Working With the Science of Mind

## Coaching with Mary Ann Pack, Holistic Coach

I hope you enjoyed our time together! It would be great to hear from you soon! Email me anytime at [maryannpackcoaching@gmail.com](mailto:maryannpackcoaching@gmail.com) or call/text (903) 227-0273 (must leave a detailed message if unavailable).

If you are ready to continue with a **results-oriented *THRIVING BEYOND AUTOIMMUNE* coaching program** or know of someone interested, please visit our integrative learning website at <http://maryannpack.com>. Please share this information. Hope to visit with you soon!

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- ❖ Contact Us:
  - Phone: (903) 227-0273 Please leave a detailed message or send a text message.
  - Email: [maryannpackcoaching@gmail.com](mailto:maryannpackcoaching@gmail.com)
  - Website: <http://maryannpack.com>
  - Facebook: <http://facebook.com/maryannpackcoaching>
- ❖ If you would like a *complimentary Discover My Well-Being* session with Mary Ann, please contact me. We'll spend 45-minutes discovering your health and well-being goals. Let's see if we are a good match for coaching!!





 Mary Ann Pack, YOUR Holistic Coach