

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

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



### 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--relationships, health, finances, and spirituality. Even though it is 31-days, it is not date-specific and can be started any day of the month. 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 by the end of this practice!

To your joyous well-being,

A handwritten signature in black ink, featuring a stylized 'M' and 'A' followed by 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 will be rewired to accept new, more positive 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!



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## 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!

How do you feel about your body's overall condition? Would you like it to be more in line with your image of health, size, and shape? What has your consistent conversation been, over the years, about your body? Is it critical, disgust, frustration, complaining? Or, have you praised and thanked your body for its service in your life even when it doesn't always perform or appear to be aligned with your optimal goals?

It's time to begin to love our bodies! Even before we can change our perception of our body, overall, we can begin to *shift our thoughts* to those of appreciation. When we consider our body's role in our lives, if we don't learn to appreciate it and find positive aspects of it, it will only respond to what it's receiving vibrationally from us. *If we want an improved well-being, we must improve our attitude.* We must shift our vibration to that of appreciation because that opens the well-being that is natural for our bodies. Well-being is our natural state of being. It's time to stop pinching ourselves off from it.

**Considering your health, what's going right?** Think about all the things you appreciate about your health, your body's performance and its functions. Even simple things like appreciating your hair or appreciating positive aspects that you didn't have to micromanage your breathing or heartbeat while you slept! Journal about what's going right in your physical body today.

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**Day 2:** How many times are our relationships love-hate? We love someone so much, yet they drive us crazy! These kinds of relationships tend to be based on conditions. We love them when they do something that is pleasing to us, but boy, when they misbehave we get our feelings hurt or worse.

We want *them to change* to please us and *make us* comfortable. We are not realizing *that we are the ones* that need to transform. We need to make every relationship unconditional in nature and reaction.

We want to be respected, loved, cherished, understood. If we don't feel this way about ourselves, we can't expect to attract it from another person. Feel it, first, in your relationship with yourself.

When we notice things in our relationships that don't feel good, it is because we are handing over our power of happiness to them. *Happiness is an inside job! It's a choice not a response.* Negative attitudes toward ourselves will be mirrored in all our relationships. The solution is to find as many positive aspects about your relationship and the partner in this relationship so you feel good every time you think about them or experience a moment with them. This goes for yourself! You've got to enjoy a beautiful relationship with your Inner Being/Soul/Spirit *before* you are in a vibrational place of attracting beautiful relationships with others.

This shift in your vibrational energy will be the most beneficial to all involved! You can only be of influential benefit when you are aligned with who you really are. And, who you really are is a pure, positive, unconditional love and light being.

**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:** Ahhh! Our finances. Like yesterday’s entry, it can be a love-hate relationship!

Most of us *want more money* than we currently possess. Why does it seem hard for some and so easy for others to receive more than enough money? Why are some super rich, yet, others struggle.

Money represents freedom to do whatever we want to do, whenever we want. Our *beliefs* about money will either hold it away from us or attract it to us.

*To receive more money, we have to begin appreciating what we currently possess.* If we cannot be satisfied and appreciative for the money we already have, we cannot feel good about money. Not feeling good about money will keep more money out of our reach.

We need to feel satisfaction and appreciation about our money. Our job is to believe that we are *worthy* of it, believe that we can *receive* it, and get into a *feeling-good place* BEFORE more will ever come to us. More money cannot manifest when we are complaining about the *lack* of money, focusing on our current circumstance of not-enoughness, or being worried, fearful, and frustrated.

You’ve already asked, it is given, and now it’s time to get into the receiving mode. The only way to do this is to find positive aspects about money and practice the good-feeling of having more money.

**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. You have a roof over your head, food in your tummy, you may get to travel some, your kids may be in extracurricular activities that you can pay for. Go through your financial attitude and intend to find ways that your money pleases you, now!

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**Day 4:** Our time-freedoms can be tricky. I can assuredly say that we'd all like more free-time to do what we want to do. We know it would make us feel better by having more free-time!

When we have so much to do, so many responsibilities to job, business, family, and friends, we can feel there's just not enough time in the day to do anything fun. This *time-shortage consciousness* will continue to bring you a feeling of not enough time.

Do you appreciate your free-time when you have it? I mean, do you really soak it up and revel in your personal time? Or, are you always thinking you *should be* doing something else? Do you complain that it wasn't long enough? Do you dread the upcoming workweek?

To shift from a time-shortage consciousness into a plenty-of-time consciousness we must begin to appreciate and cherish our free-time. Day-dream about what you'd love to be doing with your free-time. Feel the delight as you dream about what you'd love to do *just for yourself*.

If you haven't been taking free-time for yourself, maybe it's time to set aside your very own ME-Time, or even US-Time. The more you can linger in the beautiful day-dreams about free-time, it will begin to show up in your experience because the Universe must match your dominant feelings!

And, if you're feeling good, you're going to attract more and more of what makes you feel good!

**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? If you don't, day-dream a bit about what you'd love to do during your time-freedom. Journal about what's going right in regard to your time-freedoms.

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**Day 5:** There are so many benefits to traveling. Even those of us who are homebodies, love to travel *occasionally*. When we travel, we are introduced to new sights, sounds, smells, tastes, and feelings. Exposure to new people, places, and scenery expands our Inner Being--who we really are. We experience things that we may not like and immediately know what we do like. We may experience things that we love and enjoy them with great pleasure!

We may travel for business or pleasure, charity work or emergency assistance. No matter the reason, traveling is good for us as human beings. It allows us to grow and expand. We may enjoy traveling with others who share in the pleasure. Or, we may be solo travelers, who have the courage to be on our own so we can decide what we want to do, when, and where. We can be more spontaneous in our movements.

We may have favorite places we've visited and know we want to go back. We may have been places that we *never* want to return to! We may have interest to go somewhere exotic. Maybe we've had our DNA testing done and now we want to visit the countries of our heritage.

No matter the reason or location, it can be fun to dream about traveling. Dreaming about your desire to travel is important because it puts you in a place of feeling good! If you can conjure the good-feelings of traveling, it will raise your vibrational output. Keep it resistant-free without complaining. Remember, the Universe is matching your good-feeling's essence.

**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 touches 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:** When we experience situations that bother us, we immediately know what we *don't want* and at the same time know what we'd prefer. These situations are the contrast and variety the world is offering us so that we can make our preferences known to the Universe.

Since we *know* what we'd prefer instead, that is what our Inner Being becomes. It immediately becomes that improved state of being. The newest version of YOU! But, why does it still feel bad to us?

It only feels bad when we stay stuck in the thoughts about the bothersome situation. We focus on the problem, we talk about the situation, we gather a whole bunch of friends together and discuss the bothersome situation. We may even join a social media group about preventing any more bothersome situations like it. This approach and attitude will only attract more of the same essence of experience back to you because that's where your attention and energy are heading--into more of what you don't want!

The solution to feeling better, it to focus on the preferred improvement. To give your attention to the positive aspects of what you want. The more you spend time talking about, thinking about, and feeling about the positive aspects of the *solution* or *improvement*, the faster you will blend your vibration with what it is you are asking for. The Universe, by law, must yield to you your desire.

**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! Journal about a bothersome situation and find some positive aspects.

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**Day 7:** As kids, we daydreamed a lot! It was so much fun dreaming up all sorts of things we'd love to be, do, and have when we grew up. What ever happened to day-dreaming? Simply taking time to feel the fun of dreaming up all sorts of pleasurable things.

It was squelched by well-meaning adults around us who also forgot how to daydream. They began believing that you can't have all your dreams, so why bother to just get disappointed. They meant well. They were trying to protect us from being disappointed.

We need to begin daydreaming again about things we would love. We need to feel the exhilaration and excitement that daydreaming creates--even if for a little while. When we spend time dreaming about what we'd love to be, do and have, we are creating it in our energetic reality, our vibrational reality. It first becomes real through our vibration of good-feelings. The longer we can stay in that heightened state of feeling good, the faster our dreams can become a physical reality.

Everything is created twice. First as a thought, then as a thing. Everything that's ever been created began with a thought and feeling before it ever became a real-life thing.

We block our dreams and desires when we throw doubt and fear into the mix. That wanting and saying, *but*, splits our energy so it brings some of what *we want* and some of what *we don't want*. We must shrink our *but*!! Our energetic focus must be pure and singular with *no buts*! Focus only upon what we want and how good we're going to feel when we get it! No limitations, doubts, fear, not anything that would take our focus off of our desired outcome.

**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 be, do, and have, what would those things be?

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**Day 8:** We've all played the "What-If" game. *What-if this goes wrong? What-if that turns out bad?* Blah-blah-blah! That game really sucks and makes us feel so bad. So, why do we keep doing it?!

We've trained ourselves to play the *negative What-If game*. It's almost become normal for us. But, it's *not* normal--it is quite abnormal for extensions of Source Energy--who we really are.

The negative What-If game feels so bad because *we are thinking opposite* of what our Inner Being is thinking at the same time. Our Inner Being cannot and *will never* think in terms of what-if something goes wrong. Our Inner Being never gives us warnings, bad omens, or any such sh\*t! Our Inner Being--the real person we are on the inside--is always focused in terms of everything that is pure, positive, and feels really good!

If you are playing a negative What-If game, it's time to play it in the positive.

*Think about a situation or something you want and give the positive What-If game a whirl!*

One day I found myself starting to play the negative What-If game and caught myself. I noticed I wasn't feeling as good as usual, so I looked back over what I was thinking. I immediately turned it around to the positive and got so excited I giggled with excitement!

That experience taught me to be more aware of how I'm feeling and to make a concerted effort to feel good by *finding positive-aspect-What-If's!*

**Play the "What-If" game in a 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 time 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:** Beautiful, wonderful nature! What a joy when we can be outside in nature and soak in all the sensory delights and beauty! So, let's focus on nature in today's journal.

Why do we have good feelings when we are out in nature? We listen to the breeze blowing through the trees and see them swaying. We hear the birds singing. We walk in the grass and wriggle our toes in the cool grass and soil. We hear the crash of waves or the trickling of a waterfall.

*Nature can be healing for our mind, body, and soul.* It can bring us relief from stress. The trees emit chemicals that help us breathe better. Walking in the woods can relieve tension from our overstressed bodies. We can gain mental clarity as the noise subsides. Walking barefoot is referred to as *grounding* or *Earthing* because of the energy exchange between our bodies and Mother Earth. There are so many pleasurable experiences and healing that can be accomplished by being in nature.

We enjoy nature because we don't hold any resistance toward it. We allow nature to be whatever it chooses to be. We don't look at a tree and criticize it for being lopsided. We are understanding that we don't know what it went through, but it's still standing as tall as possible.

We also never tell an oak tree it's the wrong kind of tree. We don't tell a squirrel it should be a skunk. We don't impose negative attitudes about nature. Sure, there are bugs that may get a little pesky, but on the whole we don't complain about nature. We appreciate it, enjoy our time, and allow it to be!

**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:** We must practice being selfish enough to care about how we feel. Our number one priority is to feel good! If you only learn one thing--learn to apply this principle!!

Yes, I'm teaching you to be selfish. Selfish in a healthy way, a beneficial way. If you want a happy and joyous life, you have to learn to be selfish about how you feel.

Those emotions of feeling good and feeling bad are our indicator of our direction--toward wanted or lack of what is wanted (unwanted). The only reason we want things is because we think we will feel better in the having of it. Otherwise, there is no reason to want anything!

*We want to feel good. Period.*

Learn to trust your emotions. They are perfectly indicating what you are thinking and where you are heading. If you have trouble remembering to notice how you're feeling, you may want to set an alarm on your smartphone every hour or two to remind you to stop a minute and evaluate how you feel.

If you feel good--great! If you feel bad--it may be time to change the subject or find some positive aspects to think about. *Always reach for the thought that brings relief!*

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 sometimes it much better just to change the subject altogether to see if you can get some relief. **Write about any thoughts that feel good.** Use descriptive feeling words like exhilarated, happy, fulfilled, satisfied, excited, secure, safe, adventurous, fun, playful, etc.

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**Day 11:** Beliefs around a higher power can be a touchy subject. There are so many religions that have swayed people to believe in *their* dogma. There are also those who don't believe in any kind of higher power. People can become very set in their beliefs.

The purpose of this journal entry, today, is to allow you time to focus on appreciation regarding your particular beliefs. This entry is not to judge your beliefs. This entry is not to try to sway you from your beliefs.

It is my belief that all beliefs about a higher power can be beneficial to the believer. If your beliefs make you feel good when you think about them, that's wonderful!

My beliefs about God has changed dramatically over the years. I've developed better-feeling beliefs about my higher power--beliefs that are for my highest good. The God I perceived in my religious upbringing, is not the same as who I believe in now. I began referring to my higher power as Source Energy and Infinite Intelligence because I preferred to use descriptive words that felt better to me. I feel more connected than ever before! What has been your experience with your Higher Power?

All life loves to be appreciated. Even your higher power!

**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/He/She/They means to you. If you do not believe in a higher power, what do you appreciate about *you* (your character, core values, goals, accomplishments, generosity, kindness, compassion)?

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**Day 12:** There seems to be so much going on in the world that the media is presenting to us. We are bombarded by sight and sounds that can feel horrible. We see travesties and injustices. We may even be experiencing some really awful things, personally. How do we make a difference? What can we do to help? Should we join a group protesting or bringing awareness?

When we focus on the problem, we are expanding the problem! When we focus on the solution, we are expanding the solution. Just look at statistics. If groups that are *fighting against*, have a *war against*, create *more awareness* of problems would turn their focus to the improvement, the statistics would go down. You always receive more of whatever is your focus! Focus more on the improved outcome.

It's wonderful that you are touched by the problems of other around you! Your compassion is commendable. Noticing these problems cause you to shoot off rockets of desire for the improvement you'd prefer.

Once you've identified the solution or the desired improvement, it's time to focus there. Spending time gathering around *promoting the solution* will expand the improvement! Remember, anything you focus your attention on is expanded whether it's wanted or unwanted. Period.

**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:** Today is regarding relationships with your spouse, partner or a dear friend. Anyone with whom you have a close relationship. These relationships will tend to mirror the relationship you have with your Inner Being.

*The relationship you have with Yourself is the basis of all other relationships you will experience. Do you find yourself critical of yourself and it feels bad? Do you look at yourself in the mirror and appreciate what you see?*

How can we expect to have deep, rich, meaningful relationships with others when we won't even give it to ourselves?

Sometimes, it's easier to find love and appreciation in others, first. The point to love is to feel it any way you can. Sure, it would be great if we could all love ourselves unconditionally. That would be ideal. We would benefit greatly if we would feel appreciation for who we really are.

The point is that anytime we *feel love and appreciation*, no matter who is the object of our attention, we are experiencing love. And, that's a good thing!

So, let's spend a little time focusing on appreciating someone we love. Maybe, just maybe, a little of that love will rub off on ourselves!!

**Spend a few moments appreciating your spouse, partner or a dear friend.** Write about all their positive aspects (core values, worthiness, character, physical features, generosity, lovingness, etc.) that you appreciate about them. How do you feel about being close to him/her/them?

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**Day 14:** People irritations! They get on your ever-lovin' last nerve. Why can't *they* be better behaved?! *Did you know that when we run into people that bug us that it's a mirror to what vibration we have going on inside us? Ouch!!* If you are running into ornery people, you are vibrating on the ornery vibrational disc. We can only attract from people the same essence of vibration that we are emitting.

Yikes! We love to claim that we attracted good things, but step back and deny that we attract anything unwanted--like folks that get on our nerves. In this attraction-based Universe, there is no pushing against anything. So, the way to attract a better behavior from others, we must check in with the vibration we have going on, first. Of course, we don't attract them on purpose, but by default!

Maybe you've experienced bad behavior from them before, so now you've come to expect it. Or, at least, you're waiting for the bad behavior to show itself. With that expectation, comes more proof from the Universe. The Universe feels your tension and apprehension and matches it with someone who will provide it for you!

The best way to deal with it is to *clean up your expectations* around the person in question. When you're not with them, simply focus on their good qualities, things that you admire or appreciate about them. This will raise your vibrational expectation for the *next time* you interact with them. Your energy will shift around them and they will show you their best sides or simply not run into you while they are being ornery!

**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 15:** Self-care requires that you take time just for you. So, sometimes you may have to schedule in some free-time, me-time.

If we are wanting more free-time just for us, but complain that we never get any free-time, complain that there's not enough hours in the day, we are setting ourselves up for less and less free-time. We attract what we focus on because we are creating that feeling of time-shortageness and the Universe dutifully provides us with what we are feeling.

So, how would you get more free-time that you long for? The best way is to be appreciative of the time you *do set aside* for yourself. Appreciate what you get accomplished during the day--your job, family, household, etc. Ask for wisdom from your Inner Being in your quiet time of meditation for ways to do things more efficiently so that it opens up more free-time for you. Evaluate your schedule.

The more often you appreciate the time spent on anything, you are becoming aligned, vibrationally, with more of what you want. Appreciation is key! Finding positive aspects of your daily tasks.

Sometimes, you simply have to set aside something that is not as pressing to take the time for yourself without any justification, explanation, or reason. You take time for yourself because you simply want it--and that's okay! Give yourself the permission for some free-time! Fully enjoy it with no regret!

**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? While you write, *feel* how good it feels to think about doing that thing. Appreciate the good feelings that you notice of which you become aware. The better you feel about giving yourself that time, the more time you'll open up!

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**Day 16:** Our health. We all have a picture of what perfect health looks like. We've been swayed by the media, doctors, and insurance companies that tell us what we should strive for--what is beautiful, healthy, normal, popular. So, we can get a skewed picture of what *our personal* health should be.

When we complain or criticize our bodies for not performing like we want, or don't look picture-perfect in shape or size, we are giving a signal to our body to diminish. If we feel bad towards our bodies, we will create more health conditions that match those feelings. Our bodies are following the lead of our thoughts and feelings about our bodies. This is a vibrational condition. When we look at *what-is* of our current health, we are asking for improvement, but where do our thoughts tend to gravitate. Usually, toward what we are seeing in the mirror--*what-is*.

For most of my life, I've been overweight. Even as my body has healed from my inflammatory, autoimmune diseases and migraines, my weight held on. I'd always been derogatory about my body. Even feeling as good as I do now, I get frustrated that my body is not shaping up the way I want it to. So, this is an area that I continue to work on because I still catch myself most of the time, complaining about my body in my head--even if I don't speak it outloud. I look in the mirror and go, Ugh!

I may be right alongside you if you're struggling with your health or body condition. I want to appreciate my body and love my body--every inch of it! Because nothing will change until I'm vibrating with loving appreciation of my body! A positive attitude toward our bodies is key!!

**What would your perfect health look like?** What would you do if you had perfect health? How would it make you feel (use good-feeling emotional words)?

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**Day 17:** Ahhh! The perfect life! Happily-ever-after. Fairytale life. We all have had a picture of what our perfect life would be like. We used to dream as little ones about our grown-up life. Now that we're all grown up and things may not be as perfect as we'd projected, it may be time to daydream about our perfect life again. Of course, we can't change the past, but we sure can improve the future!

When I was going through my divorce, I remember that I kept telling myself that I wanted a quiet and peaceable home. For a few years I went a bit wild. Not making the best of guy choices, I now realize they helped me crystalize in my mind what I really wanted in a partner. So, thank you, guys!

After them, I decided to put together a list of what I wanted in a partner. His characteristics, his laughter, how I felt to be with him, how I wanted to be treated. I used feeling, sensory language. I wanted blue eyes, too. When my husband and I met, he came into an office where I was doing bookkeeping. He popped his head around the office and \*zing\*! It felt like a bolt of lightning had hit my body and electric shock ran through my body! I thought, who the hell is this?! After we started dating, we compared notes and he mentioned the same thing happened to him! By the way, I received everything I asked for and a bonus--he has beautiful red hair!! My heart knew it, I just didn't ask!

With all this, I'm just letting you know that if you spend time daydreaming, intending, feeling more of what you desire without throwing a bunch of doubt on the path, it will come to you. Even if you can just tip the scale up to 51% of the time feeling better about your life, the Universe must begin yielding your desires to you! Doesn't hurt to write them down, either!!

**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:** Those pesky negative experiences! Things we experience that just don't feel good. Even after they've past, we continue to mull them over and think about how we were wronged OR we think about how it could have gone better.

When you experience something negative, how do you react? Do you react with anger, hurt, frustration or feelings of disempowerment? Do you find yourself screaming at the person? Or, do you shut down and sulk?

You know you'd like things to have gone better. If you can get past putting all the blame on the situation--which feels better than claiming any responsibility for any of it--look at it as an opportunity to focus on improvements in yourself, first. Many times, we attract those negative interactions--I know that's really hard to hear. In this Universe, governed by Law of Attraction, that's all it can be. No, we don't attract that sh\*t on purpose--it's by default. We've got some lower vibration going on in us at the time. It takes a lot of practice to become aware of how we are feeling in each moment. Remember, our feelings tell on our thoughts every single time. So, they can be trusted.

Sure it takes practice to notice how you're feeling, but you can adjust your thoughts accordingly to feel better. It helps to focus on what you'd prefer instead of negative experiences with others. Think about the wonderful experiences you'd love with your family, partner, friends, co-workers, employees. Find positive aspect about each and consider how you could respond better next time.

**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:** Pushing against *anything* in a Universe governed by the Law of Attraction, simply expands whatever you're giving your attention to. That includes anything you push against or resist! When we see something we don't want and push against it, we are giving our attention to it and expanding it!

The goal is to see the contrast of something you don't want or don't like and turn your thoughts immediately toward the improvement you've asked for. That way you are giving more attention and power to the improvement to expand rather than the problem.

The Universe is simply obeying its law to attract and match up vibrational frequencies. It's always fair. So, it is our job to know what we are attracting by knowing what we're focusing attention upon. We can always know what we're attracting by the way we feel!

Anytime we push against anything, it feels really bad. So, you know you're emitting a signal to the Universe to *bring you more* of what makes you feel bad. It's like saying, *You that I'm pushing against that I don't like or don't want, come to me some more!* If we don't like it, we must stop pushing against whatever it is! We must choose to focus on the improvement rather than the problem.

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

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**Day 20:** We love it when we attract good-feeling stuff! Inside, we may shout, *I did that!!*

It's those pesky times when we attract bad-feeling stuff that causes us a bit of angst! How many times have we attracted bad-feeling stuff and want to blame someone or outside influences? It certainly *couldn't be that we attracted* that to ourselves! It has to be someone else's fault.

By design in the Law of Attraction, it's this very attraction principle that is our greatest power!

By acknowledging that *we really did attract* that bad-feeling thing to us, let's us know that we also have the power to attract what we want! It's all about our attention and where we have decided to focus. It's not the Universe's fault that *you chose* to blame others or circumstances--that you, yourself created by the power of your thoughts. The Universe is simply a law-abiding system!!

So, it may be time to pull yourself up by your bootstraps, put on your big-girl panties and *decide* to take responsibility for what you're experiencing. *This free-will is a gift!* You can use it any way you please. Maybe it's time to start using it to attract more pleasing things, people, and experiences into your life.

**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:** I used to be the Queen of Complaining! If I experienced something I'd complain about it to everyone who would listen. Heck, I didn't even have to experience it personally. I could simply have seen something on TV or listened to a friend's experience, and I'd complain about it.

If I didn't like what Mother Nature was doing with the weather--I'd complain. If something didn't go my way--I'd complain. If I didn't feel good--I'd complain. If someone misbehaved, in my eyes--I'd complain.

And, guess what I attracted?! *More things to complain about!* I attracted poor relationships, uncomfortable work situations, and very, very poor health.

When I learned what I was doing, I decided it was time to be happy and choose better-feeling thoughts. I worked on myself to stop complaining. Am I perfect at it? Oh, hell no! But, I'm a whole lot better and have been attracting more pleasurable experiences, relationships, and waaaaay better health! YES!

I began to compliment myself for attracting everything--no matter if it's what I wanted or not. I realized I could decide to spend more time complimenting and getting a happier outcome, or I could keep on complaining and attract more of what I didn't want. It was ALWAYS my choice, as it is always YOURS!

**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-wort. Worrisome. Worrier. What could go wrong? Waiting for the other shoe to drop!

In essence, every thought is a prayer for more. So, if you're worrying, what do you think your prayer request is? You guessed it. You are praying for more things to worry about, because the Universe is always answering with, *Yes, I'll give you what you feel the strongest about in this prayer!*

Have you ever considered what your Inner Being is thinking at the very same time you're worrying?

Well, you can know for sure, if you're worrying you're feeling bad. And, guess what else? You feel bad because of the discord between what you're thinking (worrying) about and what your Inner Being is thinking--because your Inner Being CAN'T worry!!! So, you're feeling the negative emotions of not being in alignment with what you're Inner Being is thinking at the exact same time.

I think it's so awesome that we can know, beyond a shadow of a doubt, that *we can always know* exactly what we're praying for by how we're feeling! Prayer should always be that of appreciation and acknowledging what going right in our lives. If you have a concern that you want to pray about, make it a prayer of praise and appreciation for the intended improved outcome. Be thankful that it is all working out. Acknowledge your love and appreciation for Source Energy and that you are worthy of All-Love! Speak loving, trusting, encouraging words that bring the greatest relief on the subject.

**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:** Ahhhh, the joy of doing things we love with full abandon! We lose track of time. We feel so good! What have you dreamed about doing? It doesn't have to be some huge thing, like moving to the Antarctic to live. It could be as simple as trying a new restaurant. And, anything in between.

Maybe there are things on your bucket list you'd love to do. Maybe there is something you've wanted to do for years. Maybe you just became aware of something that has really piqued your interest. No matter what it is or how long you've wanted to do it--go make plans to do it!

Each person has their dreams of doing things that interest them. That's what makes life so fun--it's the differences of each person's preference. Something someone else wants to do may not interest you at all or it's an, *Oh, hell no!* Just because it's not something you want to do, doesn't invalidate their desire.

You remember being kids and talking with your little friends about all the great stuff you wanted to do? It almost became a competition as to the outrageous and grandiose desires you wanted to accomplish. Well, it's time to get that excitement back! It's time to make those plans. Commit to it on your schedule. Book those tickets. Get that pilot's license. Ski that mountain. Scuba-dive on that reef. Apply for that job or school. Even, get that reservation to that new restaurant or nail salon.

You remember why we want anything, right? We want what we want because we believe we will feel better in the having of it. We don't want things that make us feel bad. All these wonderful things we want is because we delight in the dreamy-feeling of having them!

**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:** When we stop comparing the smallest part of our lives with grandiose social media lives of others, we will be able to see the blessings in our lives. Moments when we feel so blessed. Moments when we are so satisfied. Moments when we are in complete appreciation.

Yep. It's *those blessings* we are going to talk about today!

We get really good at focusing on the negative aspects of our lives because they tend to be the emotionally charged events or circumstances. They do get our undivided, immediate attention. It can feel like they're permanent conditions we can't change.

*Hint: Nothing ever stays the same. We can't get it wrong because we can't get it done. We can't stop creation because it is what puts the eternity in the eternal. Eternity demands expansion or the creation of new and more.*

Sooooo sometimes, it feels like really hard work to get ourselves to focus on blessings. But, once you begin to practice looking for your blessings, you'll notice more and more of them. The more you look for blessings, the more blessed you feel, and the more blessings the Universe will yield to you!!

What small and large things have you been blessed with? Are you breathing? Did the sun come up today? Do you have a roof over your head, food in your tummy, a car to drive? Do you delight in your pet? There are so many blessings we receive and it's time to acknowledge them. Acknowledge your blessings to Source and yourself! It will feel really good!!

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

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**Day 25:** Because you've been practicing more positive thoughts and looking for things you appreciate and feel blessed with, what shifts are you noticing in your recent days?

The longer we spend time focusing on things we appreciate or positive aspects of our lives, we begin shifting our vibrational offering to the Universe. We notice we begin feeling better. We have a better sense of overall well-being. We see life differently, more positive, more pleasant.

Even though there are many things we focus appreciation on, there are specific things that always stay in our mind. We tend to find a pattern of what's going right in our lives. We repeat some positive aspects over and over because they are so meaningful to us.

As you think back over the last 25 days of working with this journal, what are some of the appreciative patterns you've found. What are some of the positive things you find yourself repeating to yourself over and over? I say thank you, repetitively.

It never matters what subjects you're appreciative of, it only matters that you stay in an appreciative, positive mindset as much as possible throughout your days. This raises your vibrational offering to that which matches your desires. You are getting ready to receive more things you want and less of the things you don't want.

**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:** You know those little synchronicities that we experience that feel good, well, those are what I refer to as *winks* from the Universe. They are little messages from the Universe that you're on the right track. That you're beginning to blend harmoniously with who you really are--on the inside.

It might be a loving interaction with someone you may or may not know that just gives you a boost in your mood. It might be finding a bright, shiny coin that reminds you of a past loved one. It might be the ease and flow of moving through traffic and you hit every green light.

No matter what these *winks* are, they are messages from the Universe that surprise and delight us!

When we experience these *winks*, we are reminded that we are supported, loved, important, valuable, and worthy of Source's attention and constant gaze. It feels so good to receive those little surprises from the Universe. We get more excited about what's coming next.

We are satisfied in the moment, yet eager for more. The mantra of the Universe is MORE!

It's time to start noticing those *winks* from the Universe and acknowledge that we are lovingly cared for and cherished. We are worthy to receive every little, and big, delightful experience! It gets us excited for more!

Set your intention to watch for and revel in those *winks* from the Universe!

**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:** Joy! How much joy have you experienced in your life? How much are you *allowing yourself* to feel joy?

To me, joy is total appreciation. It's feeling appreciation no matter the condition. Even when things may not be going perfectly right in our world, we still have a sense of appreciation and joy.

When we can practice the feeling of appreciation more often, we will feel more joy because joy and appreciation are basically the same vibrational quality. The vibrational frequency of Source Energy!

We're not here to fix anything in this world. We're not here to learn lessons. We're not here to make amends for our past or past lives. We're not here to correct others and force them to live in a way that's more pleasing to us.

Our purpose in this life is to experience as much joy as possible. Joy is success!

When we are living in an attitude of appreciation and experiencing as much joy as possible, we are in the most powerful influential vibration that will affect our world for good. Remember, everyone has the choice of how they want to live their lives. That's that beautiful gift of free-will, free-choice, and making our individual preferences! All of this choosing of preferences expands the entire Universe!

We are the most influential in expanding the evolution of All-That-Is when we are experiencing joy!

**We're not here to *fix* anything or anyone. We are here to experience as much joy as possible!** And, that joyful expression expands the evolution of the All-That-Is. 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! We love celebrations--whether they are for some else or for ourselves.

It's a bit easier, sometimes, to celebrate someone else's *win*. We seem to be able to look at someone else's life and notice when good things happen and be happy for them.

So, why does it seem harder for us to celebrate our own *wins*?

I think we get so wrapped up in comparing our lives with others that we don't notice what good things we're accomplishing. We compare our bad days to their very best days. That's like comparing apples and oranges.

It's time to stop comparing ourselves to anyone. It's time to notice when we've accomplished something--no matter the size. Even noticing shifts in your attitude are worthy of celebration!

Celebrations set the moment more firmly in our minds. It creates a memory so we don't forget it as easily. It encourages us to continue to *look* for more events to celebrate. The more we find things to celebrate, the higher our vibrational output. As always, this raised vibration makes us feel better!

So, make it a point to notice your victories and wins. Celebrate them--even if it's simply with a happy dance in private!!

**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:** Selfishness. Most of us were taught not to be selfish. We never want to be considered selfish. But, that standard definition of selfishness is from being out of alignment with your Inner Source. It's not caring about others at all. It carries so much resistance.

True selfishness is caring about how you feel and making feeling good your number one priority!

Anytime we do things with resistance, we are fighting against everything we want. When we do things that we don't want to do, it feels really bad. That bad feeling always indicates that you are moving toward more things you do not want!

Yet, when you make it a point to be selfish enough to care about how you feel, that's when the magic can happen! You are more valuable to yourself and everyone around you when you are selfish enough to make feeling good your number one priority. I can say that because when we are feeling good, we benefit everyone! That good-feeling vibration radiates to everyone.

I know we can tend to get wrapped up in the bondage of people-pleasing. You will never, ever, please everyone--so you've got to give that up. They have their own access to their own Inner Source and if they are demanding that you do something for them that you don't want to do, you are denying them the opportunity to find *their own* Source! You are actually doing them a disservice!

**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:** I believe we are are programmed to want to feel good. So, every time we see something that is not pleasing or something we don't want, we immediately *know* what we'd prefer--even if we don't verbalize it. We know the *feeling* of the improvement we prefer.

We all have things we'd like to improve in ourselves. Maybe to be more kind and loving. Maybe to speak up for ourselves more often and not feel that we're getting run over. Maybe we have beliefs about us that need to improve like, believing we are not good enough--that's usually a biggy!! Holding the belief that you're not good enough is so damaging. It can paralyze your movement forward toward what you really want out of life.

Nothing is permanent! Everything is changing. Now it may be changing into more of the same--different faces, different places. But, that's only because you keep focusing on a problem instead of moving on to focusing on the solution or the improvement you've asked for.

Everything and anything can be improved! With a little practice of focusing on what you prefer, you will begin noticing the improvement. Focus your attention on more things you want and why you want them--how good you're going to feel when you have them. *Feel the improvement before it comes!!!*

**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 good 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:** Happy dance time!!! Congratulations, you've worked your way through 31 days of journaling. You have accomplished something amazing that most in this world will never even try. I'm so proud of you!

With all that said, what have you learned? What have you experienced as a result of committing to journaling for 31 days? Have there been aha moments? Have there been lightbulb moments of awakening and realization? What has journaling provided for you? What benefits have you experienced? What shifts have you seen in your own mindset to a more positive perspective?

There's so much to think about when we look back over 31 days of journaling. One of the things I love to do is repeat this journaling process. Every time we engage in an activity to purposefully improve our vibration we are expanding into the newest version of who we really are. We are new people!

Consider printing out the journal again, and commit to writing in this journal one more time. You are not the same person you were when you started it 31 days ago! You have grown and you have a new vantage point from which to view your life.

You have become more aware of how you feel. You have practiced making feeling good your number one priority. You have looked for positive aspects of things that used to bring you dread. You are happier, more joyous!

**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 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!

## Reading List:

As promised, here is a reading list that I believe will have profound beneficial effect on your life! Each one of these books have helped me grow and expand into a happier, healthier, and loving human being. Our triad of intention in this life is freedom, growth, and joy! These books will assist you.

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 and how it affects our body and life experiences.
- ❖ 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
- ❖ Napoleon Hill - Think and Grow Rich
- ❖ 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! I would be curious as to how this journaling practice affected and/or benefited your life. What changes have you experienced? I would love to hear your take-aways, aha moments, and any questions you may be experiencing since completing this journal practice. It would be great to hear from you soon! Email me anytime at [maryannpackcoaching@gmail.com](mailto:maryannpackcoaching@gmail.com).

Have you been feeling the nudge of your spirit calling you to live more on purpose? Have you been considering making changes but don't know where to start? If so, I want to offer you a *complimentary Discover My Well-Being* session with me. We'll spend 45-minutes discovering your health and well-being goals and what it would take to navigate the gap from where you are now. If this would be a help to you, please contact me today! You can find my calendar at <https://maryannpack.as.me/>.

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

- ❖ One-on-One Coaching Programs (4- and 9-month programs)
- ❖ Group Coaching Programs (4- and 9-month programs) For Groups of Individuals, Businesses, and Organizations
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Mary Ann Pack, YOUR Holistic Life & Wellness Coach