

Mindjoga™ - Beet-your-Blus Daily Journal Page

Day/date: _____

Begin: Follow the steps below to log the event which triggered today's stress reaction:

Event: 1. What situation or event triggered today's stress reaction or anxiety attack? **Write it below:**

Emotion: 2. What emotion did you feel? Anger? Frustration? Sadness? Fear? **Other - write it below:**

Thinking: 3. What was the thought you had immediately before this emotion? **Write it below:**

YOUR

Belief. 4. Ask yourself; what beliefs must I already have to have this thought? **Write them below:**

- a. Do you also believe that your life is going wrong because of the event? Y/N
- b. Do you believe the event will cause you to miss out on something? Y/N
- c. Do you believe you or someone else could/should've done something differently to avoid the event? Y/N

Life-view: 5. Re-affirm: 'It is **not** the event, but my resistance to it that caused my stress or anxiety'.

If you answered yes to questions 1, 2, or 3 above affirm for the corresponding number:

- a. 'I know life is a journey and it cannot 'go wrong'.
- b. 'I know we never miss out because we are always learning & growing' (what did you learn from this event?)
- c. 'I know we react to every situation with the information we have *at that moment*. To respond differently needs new information - which I am now learning. Also, I can only control myself, not the actions of others'.

These are your new affirmations for your Mindjoga™ practice.

Upgrade: 6. Think again about your original belief above. Would it ALWAYS be 100% true for EVERYONE ever faced with the same situation? *It's very important to think & be honest here.* Y/N

Self-Value: 7. If 'Yes' you must take action to change your life so it can't happen again. **Write it below:**

8. If 'No' re-write the original beliefs you noted above in a positive way:

Well done! These are also your new affirmations for your Mindjoga™ practice.