

Mindjoga - Beet-the-Blus Daily Journal Page

Day/date: _____

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

Event: What situation or event triggered today's stress reaction or anxiety attack?

Emotion: What emotion did you feel? Anger? Frustration? Sadness? Fear? Other: _____

Thinking: What was the thought you had immediately before this emotion? _____

YOUR

Belief. Ask yourself; what must you believe to have this thought?

Life-view: Affirm to yourself: it's not the event, but my resistance to it causing the stress/anxiety & ask:

1. **Do you believe that your life is going wrong** because of the event? Y/N
2. **Do you believe the event will cause you to miss out** on something? Y/N
3. **Do you believe you or someone else could/should've done something differently** to avoid the event? Y/N

Uppgrade: Think about your belief. Would the belief you hold ALWAYS be 100% true for EVERYONE ever faced with the same event or situation? It's very important to be honest here. Y/N

If the answer is 'No': Read the numbers below for the corresponding life view numbers you said yes to above:

1. Understand that life is a journey and it **cannot** 'go wrong'.
2. Understand that we **never** miss out because **we are always learning & growing** (what did you learn today from this situation or event?)
3. Know that we react to every situation with the information we have **at that moment**. To react or respond in any other way requires new information - which you are now learning.

Self-Value: If the answer is 'Yes': Re-create the thought above which triggered the stressful reaction in a positive manner.

Note that thought here (this is a new affirmation):

What action can you take to ensure this event doesn't occur in the future? Write it here:
