Daily mindset training exercise

To be done at the end of each day

1. What level was my happiness today? Between 0 – 10
    a. What fuelled my happiness?
    b. What reduced my happiness?
2. How was my stress level today? Between 0 – 10
    a. What fuelled my stress?
    b. What reduced my stress?
3. Which were my returning thoughts?
    a. How did I respond to it?
    b. Did they affect my happiness and stress levels?
4. What are three things today I am really grateful for?
5. What are three things I did today, I am proud of?
6. What have I learned today or what has been affirmed (I knew but 'forgot')?
7. What was the best thing about today?
8. What was the best thing about ME today?

Do this exercise daily and once a week, read through the 7 days and answer the same questions but then for the week.

Adapt questions to your situation.

dr • de-stress
Mariette Jansen