

The Be Do Journal

Well-being from Well-doing

WHAT MAKES it HAPPEN

● ● ● online psychotherapy

Keep it simple

The Be Do Journal is designed to be quick and slick. It's very easy to bog a good thing down by over complicating it. Try and keep your entries short and to the point. It might not say all you have to say but it will focus your mind enough to highlight the most important bits.

Weekly Wellbeing Goals ● ● ● Date:
Goal/s

Obstacles	Solutions

Midweek Review ● ● ● Date:	
Review	
Changes	

End of Week Reflection ● ● ● Date:	
Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	


Reflections	
Forecasts	

Honesty and acceptance


To get the best from the journal be honest with yourself about your thoughts and feelings. You may sometimes be uncomfortable with them but acceptance is key here. It is easier to work with truth than it is with the confusion that can be borne out of well intentioned but self-deceptive entries.


Routine and Righteousness

When filling out your journal find times that work best for you and stick to them. You might do it in bed or whilst having a cup of tea, you might prefer to be alone or in company. What ever, where ever and when ever be consistent and approach it with a focused mind. Personally I do my journaling after morning and evening Brain Breathing exercises as I feel relaxed, focused and ready.

Weekly Wellbeing Goals 		Date:
Goal/s		

Obstacles	Solutions

Midweek Review 		Date:
Review		
Changes		

End of Week Reflection 		Date:
Reflections		
Forecasts		

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	


Reflections	
Forecasts	

Feel your answers


This is an important part of any kind of directive journaling. You have at least five senses and if these or an emotion aren't stimulated in some way then it will be harder to progress. Engage with how your entries make you feel before writing them down. I would suggest if they don't inspire some kind of feeling then you might want to look for another.


Don't give yourself a hard time

It is ok if you drop a day or two of journaling. You might forget, not be bothered or have something better to do. As long as you allow yourself to step back in to it at any time, it's all good. So many people give a good thing up because they think they've failed or are not doing it well enough. Like with anything, it takes practice and as long as you can refocus and bring yourself back to the task then you will continue to reap the benefits.

Weekly Wellbeing Goals 		Date:
Goal/s		

Obstacles	Solutions

Midweek Review 		Date:
Review		
Changes		

End of Week Reflection 		Date:
Reflections		
Forecasts		

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Doing it badly is better than not at all

Despite all the advice here do it your way. This is an ongoing process and you will get better at it.

Weekly Wellbeing Goals ● ● ● Date:	
Goal/s	

Obstacles	Solutions

Midweek Review ● ● ● Date:	
Review	
Changes	

End of Week Reflection ● ● ● Date:	
Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	

Brain Breathing Journal ● ● ●		Date:
Morning BB notes		
Afternoon BB notes		
Evening BB notes		

Morning Journal ● ● ●		Date:
Three things I am grateful for:		
1.		
2.		
3.		

Goals/Plans/To do's	(Tick if done)

Evening Journal	
Three things I was grateful for today	
1.	
2.	
3.	

Reflections	
Forecasts	