

The Be Do Journal

Well-being from Well-Doing

A course in Well-being through Journaling

Section 5

Evening Journal (example)

In the Evening Journal there are three components.

Three things I was grateful for today

Reflections

Forecasts

Note that it is to be completed before you sleep (not necessarily in the evening). I like to complete my evening Brain Breathing meditation before I fill out the Evening Journal.

Three Things I Was Grateful for Today

The focus here is to recall those things that happened today that you are genuinely grateful.

Ending the day focusing on those things that you are truly grateful for really comes in to its own when you've had an awful day and struggle to find anything good in it. This daily routine strengthens your ability to align with something more meaningful and in tough times flexing those feel good mental muscles can make all the difference.

In this example I've written:

Evening Journal	Date: 10/10/2050
Three things I was grateful for today	
1. Enjoyed noticing the taste of the water I was drinking and how it refreshed me.	
2. That sense of relief and fulfillment after having read and replied to all my emails.	
3. Grateful for the opportunity to stop for a moment and enjoy the sound of birds.	



Reflections

At the end of the day we tick off those completed goals/plans/to do's we made in the morning journal before reflecting upon what stood out for us, and any insights and the lessons learned.

Here in our evening Journal example I've written:

Reflections	<p>Learnt about the 'Helpful and Kind' exercise today. Really resonated with me and is something I would like to do more of in my day.</p> <p>Setting reminders on my phone to drink more water worked well and was fun. I will use it more to remind me to be grateful, focus on helpful and kind thoughts, to take more breaks and to Brain Breathe!</p> <p>Was a little over critical about how well I was meditating today. Gave myself a hard time for feeling like I wasn't doing it right. At least I did it as not doing it is the only way to fail at it.</p>
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Forecasts

In the final section of the Evening Journal we look at how we might use the notes we made under Reflections to improve what we do tomorrow.

Write down anything that stands out as being something you can do or change that will make achieving your goals tomorrow easier. Also list anything that you need to remember to do.

Finally, reread today's forecasts tomorrow when thinking about your goals/plans/to do's as they may help you to decide what to focus on for that day.

The examples I have give here under Forecasts are:

Forecasts	<p>Will check in with my thinking tomorrow whenever I feel stressed and apply the Helpful and Kind Thinking exercise.</p> <p>Will set reminders on my phones to drink more water and take more breaks.</p> <p>Will be kinder about how I approach the brain breathing exercise.</p> <p>Focus on finishing website, phone Dad about holiday and book an appointment to see the reflexologist.</p>
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