



BALANCE WITH MARIANA'S GUIDE TO JOURNALING:

jot down your thoughts, get organized, dream, reconnect with yourself, reflect

A.M. Journaling:

- Thoughts / feelings / intuition / dreams = write freely when you wake up (like Julia Cameron's "[morning pages](#)")
- Gratitude list: 3+ things you are currently grateful for
- Your 3 main "non-negotiable" tasks for the day
- Fun and relaxation activity for today = write 1-2 things
- Today's schedule and to-do list (including the mentioned above: your 3 priorities and your 1-3 self-care / pleasure activities)

P.M. Journaling:

- Reflect on your day, how you feel in general = write freely
- Today I appreciate myself for... = write 1-3 things
- Today I give thanks for... = write 3-5 things
- What you achieved today = write 3-5 things (or simply check off your to-do list; i love following the [bullet journal](#) method with my to-do's) ALSO SEE MY GUIDE BELOW
- Something that did not go well / area to continue working, to improve = write 1 thing
- Today I ask for help and / or healing in... = write 1 thing, an intention
- Next day's schedule = write your schedule and important "to-do's" for tomorrow

* *Guide to daily achievement list.*

Mark 1 to 5 stars for each of these areas (1 = not at all / little, 5 = a lot / super good):

* **healthy food** (I met my current goal of ..., ex reducing sugar, eating more vegetables, etc.)

* **exercise**

* **self-care:** I prioritized myself today / I dedicated time to my body and things that make me happy

* **relaxation** / rest / de-stressing activities (meditation, mindful breathing, yoga, ...)

* **work** (be it your career job, housewife, anything that's important work for you)

* **family time &/or connecting with others**

and add whatever else you are personally working on, always dialing from 1-5