



THE 12 MINUTE JOURNAL

7 DAY JOURNAL

for a

FUCKING RAD,
SELF-LOVING,
MANIFESTATION-STATION,
& GRATEFUL-AS-HELL-LIFE.

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What You Will Find in This Template



What is a Guided Journal?

How Do I Do It?

Example of a Daily Journal

7-Day Template

Description of Each Journaling Category

FAQs

Blank Templates



What is a Morning Ritual



You. I am so happy you are here. Hopefully, you are too.

If you're not, you will be once you start using this.

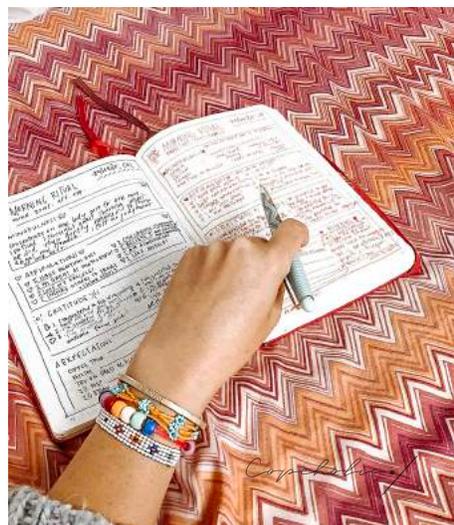
A "Morning Ritual" is what I call my morning journaling. I call it my "Morning Ritual," because I commit to doing this **every morning**.

It consists of a **single-page of journaling** based off of specific **prompts or categories**, like mindfulness, gratitude, and more.

The prompts are meant to elicit brief, list-like responses, which make it **simple, fast, and easy**.

You can call the journaling whatever you want. I suggest naming it, because it makes it more tangible, real, and a part of you.

It only takes **12 minutes**. That's about as long as it takes me to drink 1-7 cups of coffee, so I bet you can fit this into your morning routine.



Sometime, I journal with my partner or a friend, and the **most powerful part is we share our sections outloud when we are done.** I highly encourage you to do this with a partner, or **read aloud your lists when you are finished.**

Once you become familiar with it, **you can even do it verbally** (in your car, while you walk to school, or to your dog. I don't judge.)

The **prompts are recycled daily**, and since I do it so often I choose which categories I want each day. Since this template is curated, I have mixed and matched the categories for you. Once you become familiar with them, you can decide which ones you want to do each day.

Every day starts with Mindfulness, which is the best way to get grounded and relieve yourself of distractions before doing the rest of the journaling prompts.



How Do I Do It?



Just begin.

Follow this template. You can print this template out and fill it in, or you can copy the design and prompts into your own journal.

I highly recommend investing in a bullet journal (Leuchtturm1917 and Moleskine are great) so you have one

Add this into your morning routine,

whether it's while you drink your coffee/tea, after you wash your face, or before you get dressed.

Find a spot that you can be

comfortable and rely on daily. Maybe it's your kitchen table, your bed, or sofa.

If you can, **light a candle** or **play some soft music**.

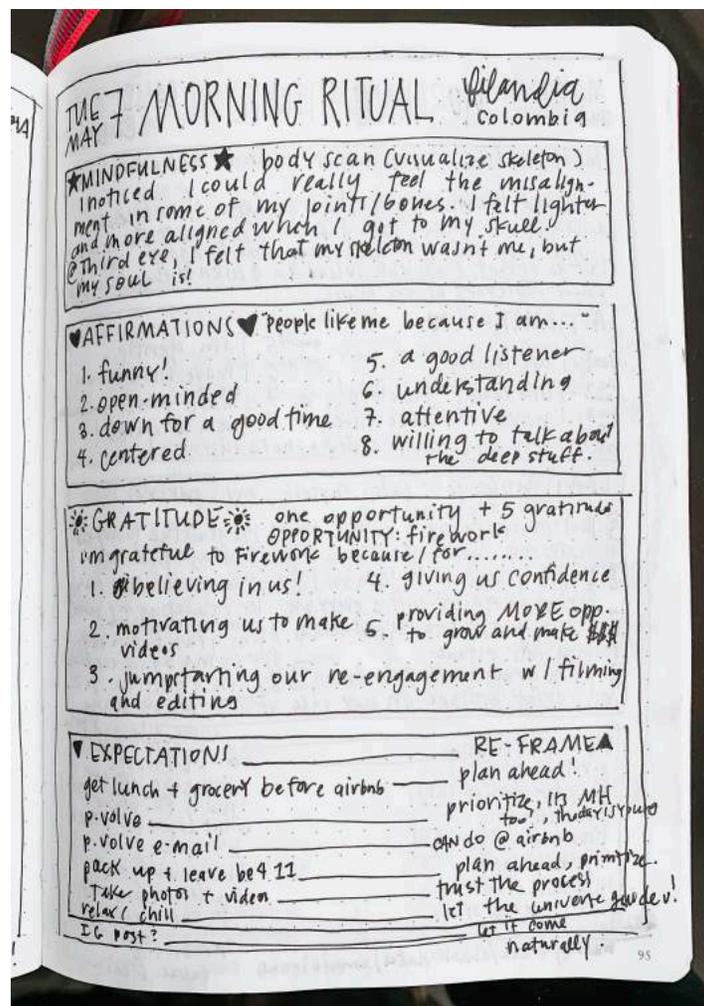


Turn off the TV and put your phone away (unless you're prompted to use a timer).

Example of a Daily Journal



If you're confused, here is an example template. Later, you will see a template with prompts for your journaling. Descriptions and support for each prompt are the end of the document.



it only takes one page!

7 Day Template



On the next 7 pages, you will find your **7 Day template**.

Each day **starts with Mindfulness**, followed by different prompts/categories.

You can **repeat these 7 days over and over**, or pick and choose categories and prompts based on what you need as you get more comfortable with this process!

If you are confused by any of the categories, head to the **end of this document** for an **in-depth description and examples of each prompt/category**.



Day One

Today's Date

MINDFULNESS: Object Naming. Set a timer for one minute. Look all around you, and in your mind, list everything you see. Try to remain non-judgmental, meaning not adding any qualitative words to the objects you see. After the minute is up, jot down what the experience was like for you in the space below.

GRATITUDE: Think of three lessons you have learned this year that you are grateful for, and why.

- 1.
- 2.
- 3.

AFFIRMATIONS: Make 6 affirmations about your worth:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

MANIFESTATION STATEMENTS: Think of something specific you hope to achieve. Maybe it's a dream you've had for a long time. Maybe it's a new goal you're working towards. Once you have it, write out your Manifestation Statement: a statement that indicate specificity on when and what you will manifest. Repeat it three times.

- 1.
- 2.
- 3.

Day Two

Today's Date

MINDFULNESS: Body Scan. Sit in a comfortable position with your legs and arms uncrossed, eyes closed. Starting with your toes, visualize each part of your body until you reach the top of your head. Visualize your joints, muscles, anything that comes to mind. If your thoughts wander or if you notice yourself starting to make judgments about your body parts, simply notice those thoughts and gently return to the body part you are on. Jot down what the experience was like in the space below.

GRATITUDE: List four opportunities you have had or are going to have that you are grateful for.

- 1.
- 2.
- 3.
- 4.

POWER MANTRAS: Write two power mantras about surrender, letting go, & radical acceptance.

- 1.
- 2.

EXPECTATIONS: List anything you hope, expect, or worry will or won't happen today.

REFRAME: for each expectation, create a short statement to help calm you if what you expect to happen does/doesn't.

Day Three

Today's Date

MINDFULNESS: Sound Observation. Set a timer for one minute. Close your eyes. Listen to all the sounds around you. Try to remain non-judgmental, meaning not adding any qualitative words to the sounds you hear. When the timer goes off, jot down what the experience was like for you.

AFFIRMATIONS: What you Attract: 6 Positive experiences, material items, or relationships you attract.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

POWER MANTRAS: Write two power mantras about your abilities.

- 1.
- 2.

EXPECTATIONS: List anything you hope, expect, or worry will or won't happen today.

REFRAME: for each expectation, create a short statement to help calm you if what you expect to happen does/doesn't.

Day Four

Today's Date

MINDFULNESS: Object Observation. Set a timer for one minute. Choose an object in your line of sight. Using "beginner's mind," try to remain non-judgmental, meaning not adding any qualitative words to the observations you make. When the timer goes off, jot down what the experience was like for you.

GRATITUDE: For today's gratitude, write a list of 4 past experiences you are grateful to have had.

- 1.
- 2.
- 3.
- 4.

MANIFESTATION STATEMENTS: Think of something you'd like to accomplish in the next year Get specific. Use the SAME GOAL for all three statements: they are each more powerful than the previous.

In the next year, I want to

In the next year, I WILL

By the end of this year, I will have successfully

<p>EXPECTATIONS: List anything you hope, expect, or worry will or won't happen today.</p>	<p>REFRAME: for each expectation, create a short statement to help calm you if what you expect to happen does/doesn't.</p>

Day Five

Today's Date

MINDFULNESS: Visual Labeling: Set a timer for one minute. Wherever you are, let your eyes wander freely, and in your mind out loud, name anything you see. Simply name/label it (yep, you can label this time!) and move on. For example, if I was looking out my window, I may be saying, "car, person walking, sidewalk, lamp, etc." Jot down what this was like in the space below. (Pro tip: this is a GREAT distress tolerance tool: if you are about to have or are mid-panic attack, you can do this to help ground you.)

GRATITUDE: Find 4 ways you are grateful for something you are presently feeling ungrateful for.

- 1.
- 2.
- 3.
- 4.

AFFIRMATIONS: Make 4 affirmations about how you interact with others.

- 1.
- 2.
- 3.
- 4.

EXPECTATIONS: List anything you hope, expect, or worry will or won't happen today.

REFRAME: for each expectation, create a short statement to help calm you if what you expect to happen does/doesn't.

Day Six

Today's Date

MINDFULNESS: Doodle: Set a timer for 1 minute, and doodle on a blank piece of paper without taking your pen off the page. If your thoughts wander, that's ok! Just gently notice them, wherever they go, and invite yourself to return to the doodling. Make a note of what the experience was like below.

GRATITUDE: For today's gratitude, make a list of 6 people in your life you are grateful for, and why!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

AFFIRMATIONS: For today's affirmation, complete the following sentences about yourself:

I AM GOOD AT

I HAVE BEAUTIFUL

I AM PROUD OF

MY I WORK HARD

TO I LOVE MY

EXPECTATIONS: List anything you hope, expect, or worry will or won't happen today.

REFRAME: for each expectation, create a short statement to help calm you if what you expect to happen does/doesn't.

Day Seven

Today's Date

MINDFULNESS: Sound Observation: Set a timer for 1 minute. Close your eyes, and simply listen to the sounds you hear non-judgmentally. This means try to only hear the sounds without labeling them “pretty” or “nice” or “annoying.” When the timer goes up, jot down what the experience was like for you in the space below.

GRATITUDE: For today's gratitude, use the following categories for each statement:

food:

material item:

person:

self:

nature:

general:

AFFIRMATIONS: What you have power of, when you are powerful, or why you have power.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

EXPECTATIONS: List anything you hope, expect, or worry will or won't happen today.

REFRAME: for each expectation, create a short statement to help calm you if what you expect to happen does/doesn't.

Description of each Journaling Category

**ON THE NEXT SEVERAL PAGES YOU'LL FIND
DESCRIPTIONS FOR EACH JOURNALING CATEGORY
AND HOW TO USE THE PROMPTS IN YOUR
JOURNALING TEMPLATES.**



Categories

MINDFULNESS
GRATITUDE
AFFIRMATIONS
POWER MANTRAS
MANIFESTATION STATEMENTS
EXPECTATIONS/REFRAMES

Mindfulness



MINDFULNESS IS...A WHOLE BUNCH OF SHIT. IT'S CONNECTING TO YOUR SENSES. IT'S NOTICING WHAT'S TANGIBLE AND SURROUNDING YOU. IT'S ACCEPTING YOUR THOUGHTS AND FEELINGS NON-JUDGMENTALLY.

While doing any of these mindfulness exercises, I invite you to keep the following in mind:

There is no right or wrong way to practice mindfulness.

When you notice your thoughts trailing away from the exercise, or **if you become distracted**, just say "that's interesting," and return your mind back to the task at hand.

Try using **"beginner's mind,"** meaning you treat the activity as if you were a newborn baby, engaging with the task for the very first time.



Gratitude

GRATITUDE BEGETS GRATITUDE. PRACTICING GRATITUDE IS AN UNBELIEVABLE WAY TO BRING JOY AND PEACE INTO YOUR LIFE. INTENTIONALLY PRACTICING GRATITUDE, NO MATTER HOW BIG OR SMALL, CREATES MORE MOMENTS OF SPONTANEOUS GRATITUDE.

When writing your gratitude statements, I encourage you to **ALWAYS begin with “I am grateful for” or “I am grateful to,”** etc, rather than just listing what you are grateful for.

While doing any of the Gratitude exercises, I invite you to keep the following in mind:

Be specific. Instead of, “I am grateful that I have a job,” try, “I am grateful that I have a steady, stable job that I am good at.” Why? Because gratitude breeds more of what you are grateful for. If you specify what it is about your job you are grateful for, that is what you will find more of in your life.

Try practicing **gratitude for things you aren't fully grateful for yet, but wish you were.** This can release resentment, anger, or grudges that you may be holding on to.

Example: If you are working on gratitude around a relationship that is struggling, find one thing in the relationship you are grateful for, like "I am grateful for my friendship with Tanya because it challenges me to learn new ways of communication."

Nothing is too small to be grateful for. Gratitude is not always about the big stuff—gratitude for the little things is what creates more and sustaining joy all day for all things.

EXAMPLE GRATITUDE STATEMENT:

"I am SO grateful for the fresh and delicious vegetables in my Thai noodle dish tonight!"

GENERAL TIP:

Don't take this or yourself too seriously. Find humor. Be silly. You can be grateful for random crap and you can make affirmations about that one nose hair that keeps growing back. This is about generating self-love, excitement, and JOY in your life. It is about getting more grounded in YOUR skin—it is NOT about making you someone or something you're not. So make this yours.

Affirmations



AH. MY FAVORITE. STATEMENTS ABOUT ONESELF THAT ARE POSITIVE. STATEMENTS ABOUT ONE'S PERSONALITY, WORTH, PHYSICALITY, LOVEABILITY. A SELF-LOATHER'S NIGHTMARE AND GREATEST MEDICINE. AFFIRMATIONS ARE STATEMENTS ABOUT ONESELF THAT ARE TRUE OR THAT ONE HOPES TO BE TRUE.

This was the hardest for me to begin, because I used to struggle with super low self-esteem. **Trust me, these are the hardest because they work the hardest.**

When doing affirmations, I invite you to keep the following in mind:

Affirm qualities about yourself, rather than possessions or accolades. (i.e. "I have a really cool bicycle" is not an affirmation that will help you build self-worth/esteem. It might make your bike feel really good, which is nice, but this is for you.)

Make **affirmations that you are working towards**, for example, if you wish you were more confident, make an affirmation like, "I am working every day on building my confidence."

Make affirmations that you might not fully believe now, but want to. Even if you don't believe it now, you can still make the affirmation, "I am a confident person," and eventually, you'll believe it.

Get creative. Rather than just saying "I am happy," try "I am full of joy, abundance, and energy!"

EXAMPLE AFFIRMATION STATEMENT:

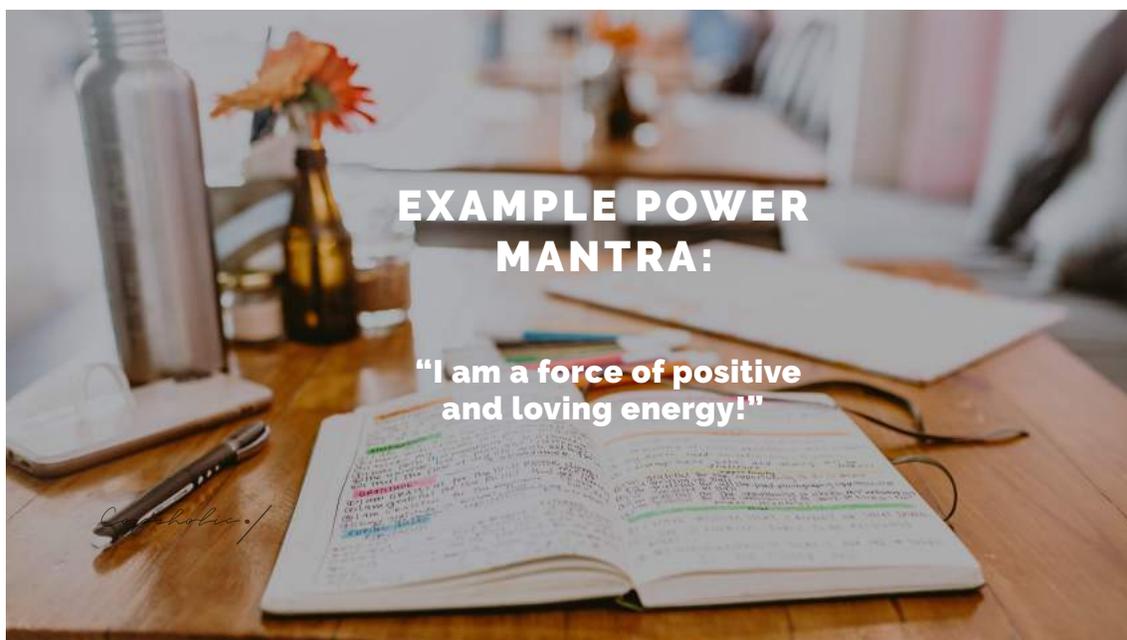
"My body is the body of a goddess, and I treat it as such."



Power Mantras



OOOOH. POWER. MANTRA. SAY IT AGAIN, SAY IT AGAIN! POWER MANTRAS ARE STATEMENTS THAT GIVE YOU CHILLS. STATEMENTS ABOUT YOURSELF OR YOUR LIFE THAT ARE SO POWERFUL, YOU FEEL LIKE A SUPERHERO SAYING THEM. THEY ARE BRAVE, BOLD, AND A CHALLENGE AT FIRST. THE MORE YOU PRACTICE THEM, THE MORE THEY STIR UP FEELINGS OF INVINCIBILITY IN YOU.



When doing Power Mantras, I invite you to keep the following in mind:

If you get stuck, try starting with, "I have the power to..."

These can be **vague or specific**—you could have a mantra like, "I will create greatness in my life," or "I was put on this universe to cure cancer!"

Manifestation Statements



THESE ARE STATEMENTS THAT HAVE TO DO WITH SPECIFIC THINGS YOU WANT TO MANIFEST IN YOUR LIFE: ABUNDANCE, A COMMUNITY OF LIKE-MINDED PEOPLE, A TRIP, A PROGRAM YOU'RE CREATING... YOU'LL MAKE SIMPLE STATEMENTS THAT ARE SPECIFIC AND RELATED TO SOME GOAL OR ULTIMATE DESIRE.

When doing Manifestation Statements, I invite you to keep the following in mind:

Think of **something you really really really want**, even if you haven't figured out how you're going to get it.

Get specific. Set a date, a year, a timeframe. "By the year 2020, I will have completed by Yoga Certification."

It's ok if the manifestation doesn't become 100% true. The idea is to put the energy of what you want OUT THERE, so that some part of what you hope to achieve begins to churn.

Don't get caught up on what's logical or realistic. Dream, imagine.

EXAMPLE MANIFESTATION STATEMENT:

"By the end 2020, I will have written and published a book that connects millions of women through my story."

Expectations and Reframes

NO ONE CAN PREDICT THE FUTURE, AND YET WE MAKE EXPECTATIONS DAILY OF WHAT WE BELIEVE WILL OR WILL NOT HAPPEN. NO WONDER WE'RE CRANKY EVERY AFTERNOON. BY NAMING OUR EXPECTATIONS FIRST THING IN THE MORNING AND SETTING OURSELVES UP TO BE GENTLE IF LIFE HAS ANOTHER PLAN, WE BECOME MORE FLEXIBLE, ADAPTABLE, AND SELF-COMPASSIONATE.

While traveling for over a year, I learned quickly that I had to constantly renegotiate my expectations of what I thought I was doing each day, as **things often just don't go according to plan.**

Now, I **write down a list of my "expectations"**—things I think are going to happen that day or things I want to happen that day. This can range from activities to stressors—sometimes I'll write that I expect to get anxious, which I may want to have a mantra set up for.

After making that list, I **write a short "re-frame"**— a small statement or mantra that I can tell myself later in the day if/when my expectation does or does not happen.

When doing Expectations/Reframes, I invite you to keep the following in mind:

Don't overthink it. If you aren't aware of what your daily expectations are right away, just ask yourself, "what do I hope happens today?" or "what do I expect to obviously happen today?"

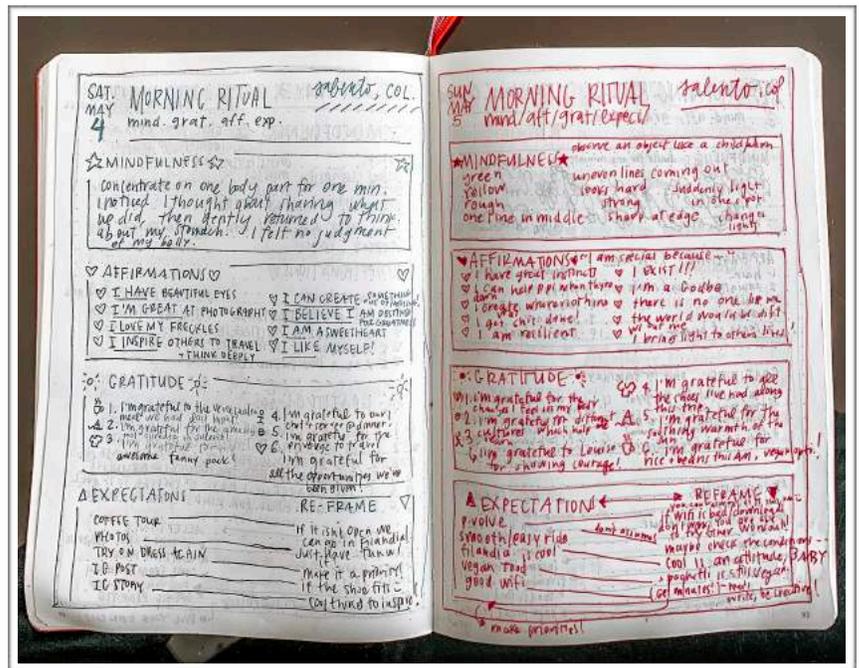
Keep your reframes **short and simple.**

If you can't think of a reframe, try just using **"if this doesn't go the way I hoped, that will be ok."**

EXAMPLE EXPECTATION AND REFRAME:

expectation: I'll write a blog post.

reframe: writing is fun for you—if it feels forced, you don't have to do it!



Frequently Asked Questions

I just, I just, huh?



DO YOU ACTUALLY DO THIS EVERY DAY?

Every single day. It only takes 5-10 minutes. And when I miss a day, I can feel the impact.

IF YOU MISS IT IN THE AM, DO YOU DO IT IN THE AFTERNOON?

If I miss it in the AM and tell myself I'll do it in the afternoon, I don't. I struggle to follow through sometimes on these kinds of commitments to myself, so if I don't make it a formal habit (same time every day, always with coffee), I just don't do it. Doing it in the AM also sets me up for the rest of the day--by the time it's afternoon I've already missed out on several hours where the gratitude or reframing expectations could have come in handy.

THIS SOUNDS LIKE A LOT OF WORK. IS IT HARD?

It is hard starting out—as someone who struggles deeply with anxiety, depression, and low self-esteem, these are all activities that are gut-wrenchingly annoying and tedious. At first it felt almost pointless—like “I'm not really grateful for this shit,” or “I don't actually believe I'm pretty or cool.” But the more I did it, the easier it got, and eventually I started to feel—wait for it—**FUCKING CALM ALL DAY.**

WHERE ARE ALL THESE CATEGORIES FROM?

I was a student of therapy (as in I was IN therapy and I also went to Graduate school to become a therapist) for over a decade, and these are a collection of tools I learned over the years. They come from Mindfulness practices, Dialectical Behavior Therapy, Cognitive Behavioral Therapy, and Body Image Workbooks based in CBT.

WHAT IF I CAN'T THINK OF SOMETHING FOR THE PROMPT?

Step one. Don't beat yourself up. It's ok. Step two. Copy one of mine, and try it on. Step three. Make up your own prompt that suits you! This is for YOU, not for me, not for your mom or dad, not for anyone else. If something isn't resonating, say, "welp, that shit's not for me today!" and move on.



Blank Templates

Today's Date

MINDFULNESS:

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Today's Date

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