

Everyday Journal.

Everyday Journal

Let's Go.



Everyday Journal

Written and Designed by
JT Lehman



Why Journal Every Day?

There are a variety of benefits to a regular journal practice. Appreciating life as it is, establishing a clear intention for your day, and reflecting on life's beautiful little moments are all helped by putting pen to paper consistently.

But establishing a regular practice can feel daunting. If you do manage to get started, you might find yourself glimpsing occasional insights while wasting a lot of time following your wandering mind. Having a structure and a time limit helps to focus your effort and sets you up for more regular insight.

After trying a variety of journaling structures, I've identified some elements that work well for a simple daily practice. The elements that I've picked out balance the need for appreciating what we already have with the desire to be moving forward in life.

To do this, the Everyday Journal provides a structure for twice-daily practice. You'll start the day with three elements; *Gratitude*, *Intention*, and *Affirmation*. You'll end the day with a quick period of *Reflection*.

How It Works

This journal is designed to be used. The benefit of this practice will come from making it a regular part of your life. Set a time or a trigger to remind you to journal. The first thing you do after you wake up and the last thing before you go to bed are good triggers.

Morning

Gratitude. Take a few minutes to write down 1-3 things you're grateful for. Try to find fresh things each day. To start, try specific people, daily comforts you enjoy, privileges you have, or an experience from the prior day. Visualize your object of gratitude and write it down.

Intention. Think of two things you know will set you up for a good day. These can be simple or elaborate. Think of something you can do to brighten someone else's day. Taking care of yourself is important, but it can be more powerful and sometimes easier to help someone else have a good day. Is there someone you've been meaning to reach out to, or a friend you owe a good turn? Write that shit down.

Affirmation. We're often our own harshest critics, remembering something good about yourself first thing in the morning is a good way to counteract the negative thought patterns we so easily slip into. You're a badass. Write it down so you'll remember it.

Morning Example

Date 21 December 2020



Gratitude - 1-3 things I'm Grateful For:

Friends to lean on

I can run

Good coffee

Intention - How can I make today great?

For me

Enjoy what I'm doing, Be Compassionate w/ self

For Someone Else

Mail Zach a birthday card

Affirmation - I am:

A total badass! worthy of love? belonging

Evening


Reflection. Think back on your day. What were 1-3 highlights that stand out? Even on our worst days there's often a bright spot somewhere, and on many routine workdays there are gems that slip by unappreciated. Take a few moments to soak up your day's highlights.

What could I have done to make today better? Reflecting honestly on how you lived each day establishes a habit of constructive self-critique and makes it clear where you can use your agency to create a better life for yourself. In case it's not obvious, limit this to things you have direct control over.

I felt most like myself when. This section helps you remember parts of your day that brought you alive.

Rate Today. The rating system is designed to allow you to quickly review weeks of past entries. Looking back over past entries is an important part of the practice, and rating each day allows you to pick out trends. What elements made up your best days? What behaviors and relationships were consistently present in your worst days?

Evening Example




Reflection

Today's highlight
Amazing run on Mt. Hood with Steven

What could I have done better?
Less worry - be present

I felt most like myself when
Running

Rate Today


The practice works best if it's quick and approachable, so try limiting yourself to 10 minutes for the morning section and 5 minutes for the evening. An even quicker practice might work better for you.

While it's easiest to start using the Everyday Journal in its present form, I encourage you to modify and ignore as you see fit. It's designed to be a tool to support you. If sections aren't serving you feel free to modify or ignore them. You don't need to complete the Everyday Journal as written to get benefit from it.

I created the Everyday Journal to support my own daily practice. After using it for the last year or so, I thought I'd share it. Thanks for giving it a try, I hope you find it useful.

Ready? Let's go.

-JT Lehman Portland, OR Dec. 2020

Date _____



Gratitude - 1-3 things I'm Grateful For:

Intention - How can I make today great?

For me

For Someone Else

Affirmation - I am:

Date _____



Gratitude - 1-3 things I'm Grateful For:

Intention - How can I make today great?

For me

For Someone Else

Affirmation - I am:



Reflection

Today's highlight

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Rate Today



Date _____



Gratitude - 1-3 things I'm Grateful For:

Intention - How can I make today great?

For me

For Someone Else

Affirmation - I am:

Date _____



Gratitude - 1-3 things I'm Grateful For:

Intention - How can I make today great?

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Reflection

Today's highlight

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You Did It.

You've complete three months of daily journaling, **good for you.** If you've made it this far, you have a habit. This will make it much easier to maintain your practice into the future.

Take some time to look back on the three months you've recorded. **What trends stand out?** What relationships and activities are serving you, and which ones would you like to leave behind? You now have enough information to start identifying what to keep and what to let go.

By now you know which parts of the journal were most useful to you. Before you begin your next morning journal think about how you can modify the practice to make it serve you better.

Pat yourself on the back, you've completed something meaningful. But don't let that pen rest long, start writing again tomorrow morning.

I hope you've found this practice useful. If you care to share your thoughts or feedback, send a note to jt@alpenflo.com.

Inspiration

This journal has evolved over the last couple of years and has a variety of inspirations. Some I remember, and some I don't. Here are a few:

- *Waking Up* - Sam Harris (Book & App)
- *Daring Greatly* - Brené Brown
- *The Five-Minute Journal* - Alex Ikonn and UJ Ramdas
- *The Happy Secret to Better Work* - Shawn Achor (TED Talk)

Acknowledgments

The Everyday Journal wouldn't exist without a whole lot of help from my mentor Noah, my family, friends, and all of you who have supported my Alpenflo project. Thank you.

About JT

JT Lehman is a runner and mountain athlete living in Portland, OR. When he's not exploring the mountains or working as a mechanical engineer, he's exploring photography, writing, and design.

About Alpenflo

Alpenflo was born from a desire to share meaningful experiences. The Alpenflo mission is to *inspire*, *empower*, and *support* your ability to move in big terrain. Join us for a trip, access my online resources, or reach out for advice. My goal is to provide you with what you need to have the experiences you want.

Visit alpenflo.com to learn more.

Notes:

