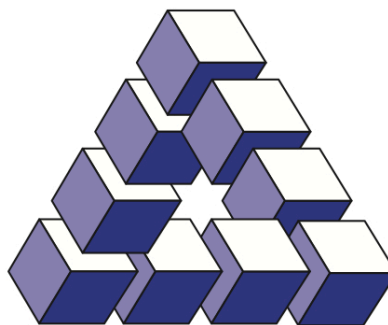


POSITIVE JOURNAL

A THIRTY DAY GUIDED WORKBOOK TO
IMPROVE YOUR MOOD AND ATTITUDE
NOW!

- Unique Motivational Quotes
- Daily Ideas for Relaxation, Assertiveness and Wellness
- Frameworks To Help You Stay Focused on Goals
- Techniques To Organize and Express Thoughts and Feelings
- Lots of Space For Creativity and Fun!



HOLTZ
PSYCHOLOGICAL SERVICES

20 Broad Hollow Road
Suite 2004
Melville, NY 11747

(631) 427-6669
www.Therapy-Now.com

IDEA STARTER: "The difference between failure and success is often just a few extra minutes of effort."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: I can choose to be more relaxed in almost any situation.
ASSERTIVE IDEA: I have the right to ask for what I want.
COPING STATEMENT: I choose to focus on only my positive qualities.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "It's not necessary to think positively. Just eliminate all of your negative thoughts, and whatever remains will be just fine!"
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Stressful events are opportunities in disguise.
ASSERTIVE IDEA: I have the right to say no to requests or demands I can't meet.
COPING STATEMENT: I choose to be strong today.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Most decisions are not about right or wrong choices, but rather about choosing between two options with different results."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: I do not have to be perfect at everything I do.
ASSERTIVE IDEA: I have the right to express my feelings, positive or negative.
COPING STATEMENT: I will decide to experience peace and calm.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Ninety-five percent of what we worry about never actually happens."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: I can feel great about myself even without the approval of others.
ASSERTIVE IDEA: I have the right to express my feelings, positive or negative.
COPING STATEMENT: I am grateful for all that I have.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "People don't regret things they have done as much as things they have not done."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: I can develop many strategies to cope with anxiety when needed.
ASSERTIVE IDEA: I have the right to change my mind.
COPING STATEMENT: I can choose to feel joyous and blessed.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Many waters cannot quench love, neither can floods drown it."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Some anxiety is always normal and can be motivating.
ASSERTIVE IDEA: I have the right to make mistakes and not have to be perfect.
COPING STATEMENT: I choose to be kind and generous.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "A person's character is best revealed in how they treat their children, their friends, their pets, and the waitress at the diner."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: I have dealt successfully with anxiety in the past.
ASSERTIVE IDEA: I have the right to determine my own priorities.
COPING STATEMENT: I can completely and deeply accept myself.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Opportunities are often disguised as hard work, so most people don't recognize them."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Say the word "calm" to yourself every time you breathe out.
ASSERTIVE IDEA: I have the right not to be responsible for others' problems.
COPING STATEMENT: I will focus on recent, positive events.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
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IDEA STARTER: "Nothing of importance is achieved without risk."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Focus on the present instead of the past or the future.
ASSERTIVE IDEA: I have the right to expect honesty from others.
COPING STATEMENT: I have the capacity to cope with my difficulties.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
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Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "All beginnings and ends are difficult."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Visualize a "relaxation scene" based on a past vacation or event.
ASSERTIVE IDEA: I have the right to be angry with someone I love.
COPING STATEMENT: I am responsible for my own feelings.

A DREAM I HAD LAST NIGHT:
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Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "You are never given an obstacle that you cannot overcome."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Frequent small, healthy snacks will keep blood sugar levels even.
ASSERTIVE IDEA: I have the right to feel scared and say, "I'm afraid."
COPING STATEMENT: I am responsible for my own accomplishments.

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People In My Dream:
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Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "If you desire success, hope for setbacks."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Vitamin B Complex helps in coping with daily stress.
ASSERTIVE IDEA: I have the right not to give reasons for my behavior.
COPING STATEMENT: I am emotionally independent.

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Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Eighty percent of success is just showing up. The other twenty is just remaining."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Avoid caffeine after 3:00 PM (coffee, tea, soda, chocolate.)
ASSERTIVE IDEA: I have the right to make decisions based on my feelings.
COPING STATEMENT: I will make the most out of every day.

A DREAM I HAD LAST NIGHT:
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Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Build your life as if it were a work of art."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Develop or rediscover a hobby, pastime, or sport.
ASSERTIVE IDEA: I have the right to my own needs for personal time.
COPING STATEMENT: I choose to have self-confidence.

A DREAM I HAD LAST NIGHT:
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Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "No meeting of any two people occurs by coincidence."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Practice positive statements and thought before going to sleep.
ASSERTIVE IDEA: I have the right to be playful and frivolous.
COPING STATEMENT: I am a wonderful person.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Inspiration is seeking the remarkable within the commonplace."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Compliment yourself for small achievements in relaxation.
ASSERTIVE IDEA: I have the right to be healthier than those around me.
COPING STATEMENT: I choose to accept the truth.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "If you think of the world as exactly half good and exactly half bad, every kind act matters profoundly."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Discuss rather than argue. Note: not everything can be settled.
ASSERTIVE IDEA: I have the right to be in a non-abusive environment.
COPING STATEMENT: I do not have to cope with events alone.

A DREAM I HAD LAST NIGHT:
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Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "The highest form of Wisdom is kindness."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Don't confuse what you do with who you are. Find yourself.
ASSERTIVE IDEA: I have the right to make friends and spend time with them.
COPING STATEMENT: I am capable of growth and change.

A DREAM I HAD LAST NIGHT:
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People In My Dream:
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Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "How wonderful it is that nobody need wait a single moment before starting to improve the world."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Will your current stress be remembered five years from now?
ASSERTIVE IDEA: Learn to pause before responding to requests on your time.
COPING STATEMENT: I can change things about myself if needed.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "If you can cry with your entire heart, you can also laugh most joyously."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Break your daily routine by doing something different.
ASSERTIVE IDEA: It's OK to delay decisions until you have had time to think.
COPING STATEMENT: I can reach my goals if I stick to them.

A DREAM I HAD LAST NIGHT:
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TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "It is important to maintain a core of inner integrity that the world cannot touch."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Watch a lot less television, especially the local news.
ASSERTIVE IDEA: It's OK to say "No" or "Maybe" or "Maybe Later."
COPING STATEMENT: Nobody can have control of my feelings.

A DREAM I HAD LAST NIGHT:
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Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "A dream that is left unexplored is like a letter that remains unopened."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Get some books about motivation, creativity or reducing stress.
ASSERTIVE IDEA: I have the right to screen calls using caller ID.
COPING STATEMENT: I choose to have big dreams and terrific goals.

A DREAM I HAD LAST NIGHT:
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Possible Meaning of My Dream:
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TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Grief can take care of itself, but to get the full value of a joy you must have somebody to divide it with."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Venting to a friend gives them permission to be open with you.
ASSERTIVE IDEA: It's OK to say, "I will check my calendar and get back to you."
COPING STATEMENT: Failures are always opportunities to learn and grow.

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Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "You grow up the day you have your first real laugh at yourself."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Listen to relaxing music every day.
ASSERTIVE IDEA: I have the right to end friendships that are toxic or negative.
COPING STATEMENT: I can be successful if I choose to make the effort.

A DREAM I HAD LAST NIGHT:
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Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "It takes twice as much energy to be negative than to be positive."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Find a candle or incense with an aroma that you love.
ASSERTIVE IDEA: I do not have to attend every social event I am invited to.
COPING STATEMENT: I will not be distracted by the negativity of others.

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OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "You will get whatever you want if you help others to get what they want."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Buy an interesting magazine for yourself today.
ASSERTIVE IDEA: Speak twice as loud and half as fast as you think is appropriate.
COPING STATEMENT: I will not listen to pessimism.

A DREAM I HAD LAST NIGHT:
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OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Make every day as productive as the day before you go on vacation."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Rearrange your room or your furniture for a change of pace.
ASSERTIVE IDEA: Always lean forward slightly when saying something important.
COPING STATEMENT: I can change bad habits.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
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Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
TOTALLY RANDOM SPONTANEOUS THOUGHTS:
DRAW, SKETCH OR JUST DOODLE ANYTHING HERE:

IDEA STARTER: "Always ignore people who tell you that you can't do something."
THREE GREAT THINGS THAT HAPPENED TODAY:
THREE GOALS I AM WORKING ON:
THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Practice daily progressive relaxation (info at Therapy-Now.com).
ASSERTIVE IDEA: Maintain eye contact while speaking to anyone significant.
COPING STATEMENT: I am creative and can use my skills for any problem.

A DREAM I HAD LAST NIGHT:
Images In My Dream:
People In My Dream:
Feelings In My Dream:
Possible Meaning of My Dream:
OTHER EVENTS, THOUGHTS, FEELINGS AND OBSERVATIONS:
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IDEA STARTER: "Hard work makes luck. It takes years to be an overnight success."
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THREE THINGS TO ACCOMPLISH TOMORROW:
THREE THINGS I DID TO RELAX TODAY:
THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: If you can't change the world, improve your corner of it.
ASSERTIVE IDEA: Silence can be a powerful tool in being assertive.
COPING STATEMENT: I can focus on my most important goals.

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IDEA STARTER: "If you consistently smile all day, your mood will improve. So will everyone else's."
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THREE THINGS I HAVE ACCOMPLISHED TODAY:
THREE THINGS TO ACCOMPLISH TOMORROW:
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THREE CONNECTIONS I HAVE MADE TODAY:
SOMETHING NICE I HAVE DONE FOR SOMEONE ELSE:
SOMETHING NICE SOMEONE DID FOR ME TODAY:
RELAXING IDEA: Resign your position as master of the universe. It'll be just fine.
ASSERTIVE IDEA: Listening attentively while other people speak is very assertive.
COPING STATEMENT: I can choose to live with purpose and joy.

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