

# THE MIND JOURNAL MANUAL



# HEY, HOW'S IT GOING

**Firstly, I want to personally thank you for taking the time to sign up for the MindJournal Manual. It really means a lot to have you here.**

There's a reason you signed up, a niggling thought in your mind that some part of your life could be improved or optimised.

It might be work, family, relationships, money or a million other things that run through our lives — sometimes out of our control. This is your moment to take back control and change the outcome — or let it go.

MindJournal is the simplest thing you can do right now to massively increase your life satisfaction and over the next few pages, I'm going to explain how. You'll even get a chance to give it a go.

Grab a few minutes to yourself and explore a new way to do more, be more and feel more.

**Ollie Aplin**

Founder & Creator of MindJournal

**YOU MAY NOT  
CONTROL ALL THE  
EVENTS THAT HAPPEN  
TO YOU, BUT YOU CAN  
DECIDE NOT TO BE  
REDUCED BY THEM.**

— MAYA ANGELOU

# THE POWER OF MINDJOURNAL

## THE PERSONAL TRAINER FOR YOUR MIND

As times change, so must the way you look after yourself. MindJournal is a powerful tool reinvented for the modern day. No matter what you're looking to achieve in life, MindJournal's innovative WritingFramework™ will help you get there.

## BASED ON PSYCHOLOGICAL RESEARCH

After years of research and testing, analysing the most significant academic studies and working with a leading psychology professor; we've created a programme that will help you build a calmer and more motivated version of yourself.

## WORKS AS HARD AS YOU DO

Our WritingFramework™ will help you to emotionally evaluate every aspect of your life, guiding you towards a more positive outlook. It will give you the tools you need to face anything that life throws at you.

### HOW IT WORKS

- ✓ 90-days of journaling
- ✓ Powerful WritingFramework™
- ✓ Guidance & encouragement
- ✓ Undated — go at your own pace
- ✓ Free writing section

## BUILD A NEW HABIT

The toughest thing about starting something new is sticking to it. That's why each MindJournal entry begins with our Daily Check-In Tool. In just a few minutes you'll be able to track your day, how you feel and what you've achieved.

## INCREASE YOUR LIFE SATISFACTION

Right now there are probably a million things you feel that you should do or feel guilty about not doing. Use MindJournal to take back control of those thoughts and feelings and turn them into powerful realisations and action plans.

## START JOURNALLING TODAY

Have you ever wanted more from yourself, your job or your life but didn't know where to start? Join thousands of guys who use MindJournal to achieve their biggest goals, live their wildest dreams and face their scariest fears. The only thing stopping you — is you.

### CAREFULLY CRAFTED

- ✓ Lay-flat binding
- ✓ 256 ink-proof pages
- ✓ Crushproof charcoal cover
- ✓ Premium ivory paper
- ✓ 2 x Ribbon markers

**TO BE YOURSELF  
IN A WORLD THAT  
IS CONSTANTLY  
TRYING TO MAKE YOU  
SOMETHING ELSE  
IS THE GREATEST  
ACCOMPLISHMENT.**

— RALPH WALDO EMERSON

**WE'RE FOR ALL GUYS**

**FOR THE ONES THAT TALK, FOR THE ONES THAT DON'T**

**FOR THE ONES THAT BEAT THEIR CHESTS,**

**AND SMASH PERSONAL BESTS**

**FOR THE ONES THAT PERFORM EFFORTLESSLY,**

**AND WITHOUT RECOGNITION**

**FOR THE BRAVE ONES**

**FOR THE ONES THAT HAVE NO ONE**

**FOR THE ONES THAT LEAD**

**FOR THE ONES THAT FOLLOW**

**WE'RE FOR ALL GUYS TODAY,**

**AND FOR ALL GUYS TOMORROW**

# THE WRITINGFRAMEWORK™

**Born from a lifetime of personal tragedy and recovery,  
MindJournal has become a worldwide movement.**

Launched in early 2016, MindJournal is the result of three years of extensive research and testing. Early on we discovered that the key to positive change wasn't about finding answers — but about asking the right questions. The result? Our innovative WritingFramework™.

Divided into three stages, the scientifically researched and potentially life-changing questions will support you in the creation of a life-long journalling habit. As you progress through your Journal, these stages will guide you through all the areas of your life, examining the building blocks of who you are — and in the process helping you to discover what you really want from life.

An integral part of the WritingFramework™ is our Daily Check-In Tool, it allows you to quickly and effectively track your day, how you feel and what you've achieved in just a few minutes.

Our hope is that once you have completed the Journal, you'll want to keep going. So at the end of the programme, we have included the space for a further 60 entries, all including the Daily Check-In Tool as well as motivational tips to keep you going.

**IT'S NOT THAT WE  
DON'T KNOW THE  
RIGHT ANSWERS.  
IT'S JUST THAT WE  
DON'T ASK THE RIGHT  
QUESTIONS.**

 **TONY ROBBINS**

DATE:

DAILY CHECK-IN

1

**HOW DO YOU FEEL TODAY?**

- |                                     |                                       |                                     |                                    |
|-------------------------------------|---------------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> positive   | <input type="checkbox"/> safe         | <input type="checkbox"/> grateful   | <input type="checkbox"/> relieved  |
| <input type="checkbox"/> happy      | <input type="checkbox"/> bored        | <input type="checkbox"/> unhappy    | <input type="checkbox"/> scared    |
| <input type="checkbox"/> hopeful    | <input type="checkbox"/> tired        | <input type="checkbox"/> frustrated | <input type="checkbox"/> trapped   |
| <input type="checkbox"/> stressed   | <input type="checkbox"/> hurt         | <input type="checkbox"/> furious    | <input type="checkbox"/> alive     |
| <input type="checkbox"/> nervous    | <input type="checkbox"/> eager        | <input type="checkbox"/> calm       | <input type="checkbox"/> worthless |
| <input type="checkbox"/> tense      | <input type="checkbox"/> angry        | <input type="checkbox"/> strong     | <input type="checkbox"/> guilty    |
| <input type="checkbox"/> anxious    | <input type="checkbox"/> excited      | <input type="checkbox"/> neutral    | <input type="checkbox"/> bitter    |
| <input type="checkbox"/> determined | <input type="checkbox"/> irritated    | <input type="checkbox"/> regretful  | <input type="checkbox"/> shocked   |
| <input type="checkbox"/> glad       | <input type="checkbox"/> disappointed | <input type="checkbox"/> lonely     | <input type="checkbox"/> sad       |
| <input type="checkbox"/> worried    | <input type="checkbox"/> content      | <input type="checkbox"/> low        | <input type="checkbox"/> energetic |
| <input type="checkbox"/> insecure   | <input type="checkbox"/> negative     | <input type="checkbox"/> confident  | <input type="checkbox"/> unsure    |
| <input type="checkbox"/> confused   | <input type="checkbox"/> annoyed      | <input type="checkbox"/> restless   | <input type="checkbox"/>           |
| <input type="checkbox"/> proud      | <input type="checkbox"/> inspired     | <input type="checkbox"/> surprised  | <input type="checkbox"/>           |

2

**TODAY'S INTENTIONS / ACHIEVEMENTS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4

**3 THINGS YOU'RE GRATEFUL FOR TODAY:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

5

**YOUR HAPPY HOUR FOR TODAY:**

\_\_\_\_\_

## THE DAILY CHECK-IN TOOL

**1 TIMESTAMP**

Add the date to track your progress as you work through your Journal. You can then revisit and reflect using the extra pages.

**2 FEELINGS CHECKLIST**

Check-in and tick off how you feel using 50 common emotions as your starting point. There's even space to add your own.

**3 INTENTIONS & ACHIEVEMENTS**

List your intentions and achievements to boost your productivity and confidence. Small wins will help you achieve the bigger ones.

**4 GRATITUDE**

Gratitude is the secret ingredient to a fulfilling and happy life. List three things you're grateful for to give yourself a dose of positivity.

**5 HAPPY HOUR**

It's important to learn how to look after yourself as well as others. Happy Hour is your chance to plan a moment that's just for you.



# **TRY IT FOR YOURSELF**

**Hopefully, by now you'll have a good understanding of what MindJournal is and how it can help you. But you want to try before you buy, right? No problem.**

On the next few pages, you'll find the first three MindJournal entries. Print them off or copy the questions into a blank notebook and you're ready to begin.

Then over the next three days, set aside time that is just for you. Grab a pen, find a quiet space and give it a go. You never know, you might just enjoy it.

**And if you do, there's a discount code waiting for you.**

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**“IT’S DECEPTIVELY SIMPLE BUT  
DEEPER THAN YOU CAN IMAGINE”**

— GARY POLLARD, UK

**EVER TRIED. EVER  
FAILED. NO MATTER.  
TRY AGAIN. FAIL  
AGAIN. FAIL BETTER.**

— SAMUEL BECKETT

## HOW DO YOU FEEL TODAY?

- |                                     |                                       |                                     |                                    |
|-------------------------------------|---------------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> positive   | <input type="checkbox"/> safe         | <input type="checkbox"/> grateful   | <input type="checkbox"/> relieved  |
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| <input type="checkbox"/> confused   | <input type="checkbox"/> annoyed      | <input type="checkbox"/> restless   | <input type="checkbox"/>           |
| <input type="checkbox"/> proud      | <input type="checkbox"/> inspired     | <input type="checkbox"/> surprised  | <input type="checkbox"/>           |

**TODAY'S INTENTIONS / ACHIEVEMENTS:**

### 3 THINGS YOU'RE GRATEFUL FOR TODAY:

**YOUR HAPPY HOUR FOR TODAY:**

## WHAT ARE YOUR GOALS?

What would you like to get from writing in this Journal? What other goals are you working towards? Think big and think small. Be realistic and unrealistic too.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## M

Goals can sometimes be more about the journey than the destination.

## HOW DO YOU FEEL TODAY?

- |                                     |                                       |                                     |                                    |
|-------------------------------------|---------------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> positive   | <input type="checkbox"/> safe         | <input type="checkbox"/> grateful   | <input type="checkbox"/> relieved  |
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## TODAY'S INTENTIONS / ACHIEVEMENTS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 3 THINGS YOU'RE GRATEFUL FOR TODAY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

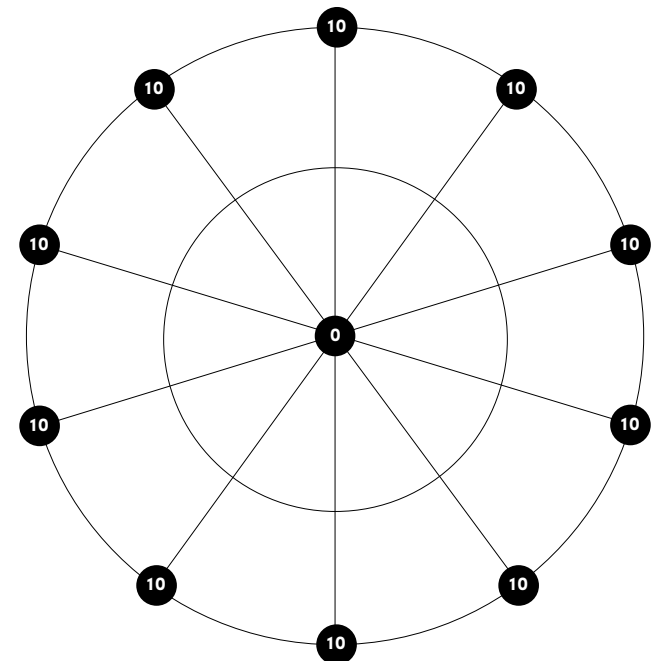
## YOUR HAPPY HOUR FOR TODAY:

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## THE PIE OF LIFE

Pick ten categories from the list below and place each one onto a slice of the pie. Give them a score from zero to ten, marking with a cross on the axis. Join up the crosses and complete the question on the next page.

0 = least satisfied | 10 = most satisfied



**M**

**Pick from:** Money, Finances, Health, Wellbeing, Fitness, Family, Friends, Relationships, Career, Work, Fun, Adventure. **Or choose your own.**

## HOW DO YOU FEEL TODAY?

- |                                     |                                       |                                     |                                    |
|-------------------------------------|---------------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> positive   | <input type="checkbox"/> safe         | <input type="checkbox"/> grateful   | <input type="checkbox"/> relieved  |
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| <input type="checkbox"/> proud      | <input type="checkbox"/> inspired     | <input type="checkbox"/> surprised  | <input type="checkbox"/>           |

**TODAY'S INTENTIONS / ACHIEVEMENTS:**

### 3 THINGS YOU'RE GRATEFUL FOR TODAY:

**YOUR HAPPY HOUR FOR TODAY:**

## DESCRIBE YOUR DAY, TODAY

At the end of your day, timestamp each activity and describe how each thing made you feel. Did you enjoy it? Why did you do it? Is there anything you would have preferred to do?

[illegible]

**M**

**Struggling to work out your feelings?** Close your eyes, take three deep breaths, focus on how you feel, take another breath and open your eyes.

DATE:

DAILY CHECK-IN

### HOW DO YOU FEEL TODAY?

- |                                     |                                       |                                     |                                    |
|-------------------------------------|---------------------------------------|-------------------------------------|------------------------------------|
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| <input type="checkbox"/> proud      | <input type="checkbox"/> inspired     | <input type="checkbox"/> surprised  | <input type="checkbox"/>           |

### TODAY'S INTENTIONS / ACHIEVEMENTS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 3 THINGS YOU'RE GRATEFUL FOR TODAY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### YOUR HAPPY HOUR FOR TODAY:

\_\_\_\_\_

## MAKE TOMORROW TODAY

So you've read our Manual and completed the sample pages.

Now what? Just head over to [www.mindjournals.com](http://www.mindjournals.com) and enter the code **MANUALX10** to get 10% off your order.

**10% OFF WITH THE CODE:  
MANUALX10**



GOT A QUESTION?

<https://www.mindjournals.com/pages/support>



NO LUCK? EMAIL US.

[support@mindjournals.com](mailto:support@mindjournals.com)

## I LEGAL STUFF

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**“HAVING A RESOURCE LIKE  
MINDJOURNAL, TO REVIEW  
YOUR LIFE, SEE WHERE YOU’RE  
GOING AND WAYS TO IMPROVE  
HAS CHANGED MY LIFE.”**

— KRIS HEARN, UK



**“I’VE NEVER SEEN SOMETHING  
SO BEAUTIFULLY CRAFTED,  
DESIGNED AND PREPARED.  
THANK YOU, I’M GRADUALLY  
CHANGING FOR THE BETTER  
BECAUSE OF YOU.”**

— J F PONTES, PORTUGAL