



THE MIND JOURNAL GUIDEBOOK

WELCOME TO MINDJOURNAL

Our mission is to help you feel happier and healthier.

Firstly, I'd like to personally thank you for taking the time to download the MindJournal Guidebook, it's great to have you here.

Just like the name suggests, this document is going to guide you through all the key areas of MindJournal, and hopefully answer any questions you may have.

Then, in the end, we've included the first three exercises from the Journal so you can try it for yourself.

Ready? Let's get started.

Ollie

Co-Founder of MindJournal

We're bringing back the legacy of guys keeping a journal.

Times are changing for guys. Roles have shifted yet stereotypical expectations remain the same.

An inspiring conversation has emerged in recent years, that aims to tackle the issues we face. However, it's focused on exactly that — talking.

And whilst this might help many, it won't help those who can't, won't or don't know how to.

Now is a more crucial time than ever for guys to get writing again. MindJournal is more than a journaling brand, we're on a mission to improve men's health and happiness all through the power of writing.

We believe that it's sometimes the most basic of tools that hold the most power.



My journey of survival through journaling.

Born from a lifetime of personal tragedy and recovery, MindJournal has become a worldwide movement. Launched in 2016, but born in 2005 — the year I lost my mum.

Over the next 10 years, journaling helped me to heal and rebuild my life. But it was never easy, staring at that blank page and not knowing where to start.

So I set out to design the world's first guided journal, created just for men. It launched on Kickstarter and was fully funded within 72 hours. Over 4 years later, and MindJournal has helped almost 25,000 guys to start journaling, leading to some incredible transformations.

But our story isn't over — we're just getting started. We hope you can join us.

[READ FULL STORY](#)



What exactly is journaling and why is it so important?

Written for us, by Professor Karen Pine

Although people have written journals for centuries, therapeutic writing was put under the microscope in the late 1980s by psychologist James Pennebaker.

He found that people who were asked to write down their deepest thoughts and feelings handled past traumas and emotional stress significantly better. The potent mechanism wasn't actually the words that landed on the page. It was the act of expressing the feelings, getting them out of the mind and into an external space.

Why is this different from talking to a therapist? Some people fear being judged or find it hard to talk about their feelings. This is common in men who have been brought up to hide their feelings or come from families where emotions weren't discussed. Research also suggests that writing may use parts of the brain not involved in talking and be more accessible to men who struggle to talk about their feelings.

Since Pennebaker, there have been over 200 scientific studies that confirm the benefits of therapeutic writing. Some have suggested that writing actually boosts the immune system.

Since suppressing emotional turmoil takes effort, over time this stresses the body and can damage physical health. The short-term relief is a decrease in negative mood, distress and physical symptoms and an uplift in positive mood.

Longer term these benefits extend to physical and mental health improvements. As a psychologist, I believe this is one of the most accessible private methods for an individual who is looking for a way to help themselves feel better.

Just imagine feeling more focused, energised and emotionally stronger to win the day. That jumbled mess of thoughts, feelings, and intentions will be quiet. Allowing you to feel calmer and more confident.

You already have all the answers to the toughest questions that you're too afraid to ask. Journaling will teach you to face those questions, and begin the journey to finding your own solutions to them.



STAGE TWO

When you're in a position of leadership, you have a responsibility to your team to provide them with the information they need to succeed. This is especially true when it comes to your company's future. You need to be able to communicate your vision and your strategy to your team in a way that is clear, concise, and compelling. This is the second stage of the process, and it's one that you can't skip. You need to be able to articulate your vision and your strategy to your team in a way that is clear, concise, and compelling. This is the second stage of the process, and it's one that you can't skip.

CHANGING DIRECTION IS NOT SOMETHING YOU HAVE TO BE LIED TO FIND YOUR WAY.

MindJournal.

Used by thousands of guys all around the world, MindJournal is your tool to a happier, healthier you. Using a system of guided exercises and our signature check-in tool, MindJournal will give you the structure and support you need to build a powerful journaling habit that will transform your life.



Journal Features:

- ✓ 3 months of journaling
 - ✓ Signature check-in tool
 - ✓ 30 life-changing exercises
 - ✓ 3 stages of self-discovery
 - ✓ Undated & unpaginated
-



Proven Benefits:

- ✓ More positive mindset
- ✓ Increased focus and clarity
- ✓ Reduced stress and anxiety
- ✓ Higher productivity
- ✓ Improved physical health

The Check-in.

Check-in with how you feel, set your intentions, practice gratitude and plan a moment in your day that's just for you.

1 Timestamp

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

Flexible no matter what time of day you journal, list your intentions or achievements to boost your productivity and confidence.

4 Gratitude

Gratitude is a key ingredient to a happy and fulfilling 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. Think of the things that make you happy and plan a time to do them.

Using the check-in.

The check-in has been created to be completed before each exercise or entry. It doesn't matter if you journal first thing in the morning or last thing at night, we've made it flexible so you can find out what works best for you.

Begin by checking-in with how you feel, using 50 common emotions as your starting point.

As you progress through your Journal you may notice patterns in these emotions, allowing you to identify situations that you'd like to create more or less of in your day-to-day.

Next, move on to setting your intentions. These can be mindful actions like being kind, taking breaks or not working too late. Or, they can be task-based such as; finishing that project, returning that call or running that errand. If you journal later in the day you may list these things as achievements instead but again, do what works best for you.

Gratitude is next on the list. Listing three things that you are grateful for will give you that all-important dose of positivity. A great way to start or end your day, these can be smaller things like getting that lay in or waking up to sunshine, or larger things like the people in your life or your health.

Last but not least is your Happy Hour. This is your opportunity to plan time in your day that is just for you, doing something that makes you happy.

This could be going for a run, reading a book, playing a computer game, anything that brings you joy. We can get so busy in our day-to-day lives that it can be easy to neglect our own needs. By noting this down in your Journal you'll start to set aside time that's just for you.

Remember, there are no rules to how and when you journal, we've made it this way so you can tailor it to your life and find out what works best for you. To start with, try journaling at different times throughout your week, as this will help you to get into a routine and understand when you get the most benefit from writing your thoughts and feelings down.

Everyone journals differently so it is just about experimenting, enjoying the experience, and not putting too much pressure on yourself.

1

DATE: 13.08.20

CHECK-IN

2

HOW DO YOU FEEL?

- | | | | |
|--|---|--|--|
| <input checked="" type="checkbox"/> positive | <input type="checkbox"/> safe | <input type="checkbox"/> grateful | <input checked="" 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"/> guilty |
| <input type="checkbox"/> tense | <input type="checkbox"/> angry | <input type="checkbox"/> strong | <input type="checkbox"/> bitter |
| <input type="checkbox"/> anxious | <input checked="" type="checkbox"/> excited | <input type="checkbox"/> neutral | <input type="checkbox"/> shocked |
| <input checked="" type="checkbox"/> determined | <input type="checkbox"/> irritated | <input type="checkbox"/> regretful | <input type="checkbox"/> sad |
| <input type="checkbox"/> glad | <input type="checkbox"/> disappointed | <input checked="" type="checkbox"/> lonely | <input type="checkbox"/> energetic |
| <input type="checkbox"/> worried | <input checked="" type="checkbox"/> content | <input type="checkbox"/> low | <input type="checkbox"/> overwhelmed |
| <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 checked="" type="checkbox"/> restless | <input type="checkbox"/> |
| <input type="checkbox"/> proud | <input type="checkbox"/> inspired | <input type="checkbox"/> surprised | <input type="checkbox"/> |

3

INTENTIONS / ACHIEVEMENTS:

1. *Finish work at 6pm*
2. *Be patient with Sam*
3. *Organise date night*

4

THINGS YOU'RE GRATEFUL FOR:

1. *A lay in this morning*
2. *Walking Rex at the beach*
3. *Text from Dad*

5

YOUR HAPPY HOUR:

Going for a run after work

Guided exercises.

30 thought-provoking exercises, divided into three core stages, that increase in difficulty as you work 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 help you to discover what you really want.

Starting with the outer layers of your life and working towards your core, the 30 exercises in the programme will challenge the way you think, feel and act, guiding you towards a happier, healthier you.

Stage One

Like all exercises, it's good to warm up first. In this stage, you will learn how to capture your thoughts and feelings and put them down on paper.

Stage Two

Time to step it up a gear. This next stage is going to help you discover your strengths and weaknesses so you can tackle anything that life throws at you.

Stage Three

Your future, your needs and what's important to you. These exercises might challenge you, but that's the point — if you don't push yourself, you're not learning anything new.

They won't always be easy to answer, but that's ok. If you're finding an exercise particularly challenging, sit with it for a few days and come back to it when you are ready. We always recommend working through the exercises in order, but, again this is completely up to you.

You'll have up to 3 pages of lined paper to explore each exercise. Don't feel pressured to use up all the paper, we've made it this way to give you as much flexibility as possible.

While some people may use all the paper when completing an exercise, others may leave space to come back and revisit it at a later date. This can be a great way to reflect on the progress you have made. And if you need more space, use the free writing section at the back of your Journal.

Throughout MindJournal, you'll also find a combination of motivational prompts and advice to keep the good vibes up. Just lookout for the MindJournal symbol at the bottom of the page.

Free writing section.

We hope that once you have completed the guided exercises, you'll want to keep going. After the final exercise, there is space for a further 60 entries. These entries include the check-in as well as motivational prompts to keep you going, building your confidence to journal independently.

And when you're ready, MindJournal Pro is waiting for you. The next step in your journaling journey, it features the check-in, mindful reflection sections and free writing space, giving you more freedom and less guidance so you can achieve anything you put your mind to.

[SHOP PRO](#)



Ok, so you've heard what we've had to say. Ready to give it a go?

Hopefully, you now 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 exercises from MindJournal. Print them off or copy them 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.

Turn the page to start your journey.

DATE:

CHECK-IN

HOW DO YOU FEEL?

- | | | | |
|-------------------------------------|---------------------------------------|-------------------------------------|--------------------------------------|
| <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"/> guilty |
| <input type="checkbox"/> tense | <input type="checkbox"/> angry | <input type="checkbox"/> strong | <input type="checkbox"/> bitter |
| <input type="checkbox"/> anxious | <input type="checkbox"/> excited | <input type="checkbox"/> neutral | <input type="checkbox"/> shocked |
| <input type="checkbox"/> determined | <input type="checkbox"/> irritated | <input type="checkbox"/> regretful | <input type="checkbox"/> sad |
| <input type="checkbox"/> glad | <input type="checkbox"/> disappointed | <input type="checkbox"/> lonely | <input type="checkbox"/> energetic |
| <input type="checkbox"/> worried | <input type="checkbox"/> content | <input type="checkbox"/> low | <input type="checkbox"/> overwhelmed |
| <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"/> |

INTENTIONS / ACHIEVEMENTS:

1. _____
2. _____
3. _____

THINGS YOU'RE GRATEFUL FOR:

1. _____
2. _____
3. _____

YOUR HAPPY HOUR:

DATE:

CHECK-IN

HOW DO YOU FEEL?

- | | | | |
|-------------------------------------|---------------------------------------|-------------------------------------|--------------------------------------|
| <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"/> guilty |
| <input type="checkbox"/> tense | <input type="checkbox"/> angry | <input type="checkbox"/> strong | <input type="checkbox"/> bitter |
| <input type="checkbox"/> anxious | <input type="checkbox"/> excited | <input type="checkbox"/> neutral | <input type="checkbox"/> shocked |
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| <input type="checkbox"/> worried | <input type="checkbox"/> content | <input type="checkbox"/> low | <input type="checkbox"/> overwhelmed |
| <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"/> |

INTENTIONS / ACHIEVEMENTS:

1. _____
2. _____
3. _____

THINGS YOU'RE GRATEFUL FOR:

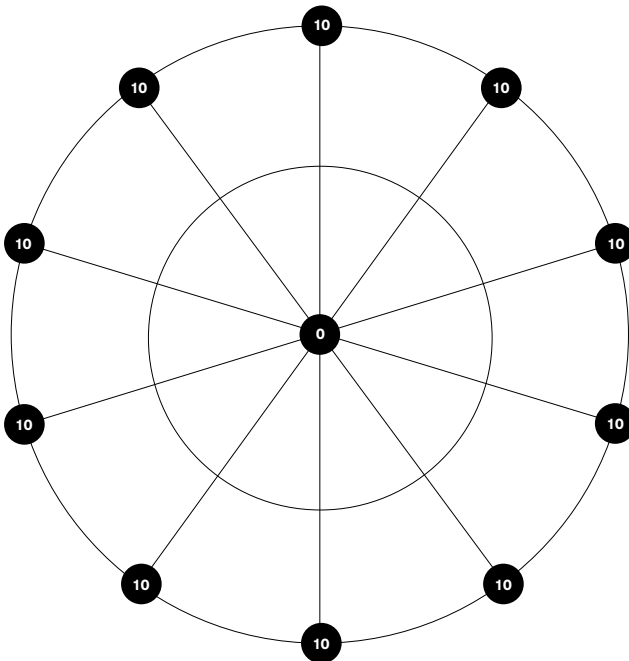
1. _____
2. _____
3. _____

YOUR HAPPY HOUR:

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



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

DATE:

CHECK-IN

HOW DO YOU FEEL?

- | | | | |
|-------------------------------------|---------------------------------------|-------------------------------------|--------------------------------------|
| <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"/> guilty |
| <input type="checkbox"/> tense | <input type="checkbox"/> angry | <input type="checkbox"/> strong | <input type="checkbox"/> bitter |
| <input type="checkbox"/> anxious | <input type="checkbox"/> excited | <input type="checkbox"/> neutral | <input type="checkbox"/> shocked |
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| <input type="checkbox"/> glad | <input type="checkbox"/> disappointed | <input type="checkbox"/> lonely | <input type="checkbox"/> energetic |
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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"/> |

INTENTIONS / ACHIEVEMENTS:

1. _____
2. _____
3. _____

THINGS YOU'RE GRATEFUL FOR:

1. _____
2. _____
3. _____

YOUR HAPPY HOUR:

It's all in the details.

MindJournal is crafted from high-quality materials to give you the best possible journaling experience. Here's a breakdown:



Specifications:

- ✓ A5 charcoal grey journal
- ✓ 100% lay-flat binding
- ✓ Ultra-soft crushproof cover
- ✓ 264 ruled 110gsm ivory paper
- ✓ Two ribbon markers
- ✓ Debossed storage slipcase



Size & weight:

- ✓ Classic A5 Size
- ✓ 148 x 210 mm / 5.8 x 8.3 in
- ✓ 60g / 0.13lbs

Your questions, answered.

Here are the answers to some of our most common FAQ's. And don't forget, if you can't find the answer you're looking for please get in touch, we're always happy to help — support@mindjournals.com.

How long does MindJournal take to complete?

This completely depends on how often you journal. But if you were to journal 5 times a week on average MindJournal would take you 3 months to complete.

What is the difference between MindJournal and MindJournal Pro?

Designed for those who have completed MindJournal, the Pro has more freedom and less guidance, making it the perfect tool to continue your journaling. Find out more [here](#).

Are your products fountain pen friendly?

We have found that our paper works well with most fountain pens, however, due to the vast range and variants of pens available, we cannot guarantee compatibility with all.

What countries do you ship to?

We offer worldwide shipping. However, if you can't find your country on the list please send an email to support@mindjournals.com and we'll do our best to help.

How long does shipping take?

We offer worldwide shipping and dispatch all orders safely and securely within 1-2 business days using a tracked service. Please find our estimated shipping times below.

Standard:

UK: 3-5 Business days

Europe: 5-10 Business days

USA: 5-8 Business days

Canada: 5-8 Business days

Australia: 10-12 Business days

Express:

UK: 1-2 Business days

Europe: 2-3 Business days

USA: 2-3 Business days

Canada: 2-5 Business days

Australia: 3-5 Business days

ROW: 4-8 Business days

What other guys think:



“Amazing”

This is one of the best things to happen to me this year without a doubt, my mind journal is proving to be amazing and raising important questions for me as a person. I am so glad that something like this exists, it is quite simply allowing me to be a better person. I thoroughly recommend this to all.

PETER, UK



“Something to look forward to”

I used to wake up with fear and anxiety. Now I wake up looking forward to writing in my journal, it actually gets me out of bed. I sit in my chair in my bedroom every morning with a cup of tea, and I positively write about my life. And I can see the great things I have to enjoy. And it's because of my MindJournal.

BRAD, UK

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ONE MORE THING

The Happiness Guarantee.

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Got a question?

Hopefully, you've found the answer you're looking for. But if not, send us a message and we'll get back to you within 48 hours.

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