

# BEOP



BE EXCELLENT ON PURPOSE  
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

## BRICKIE TIP #3: Creating a Journaling Habit

Full disclosure: Your first week of trying something new can feel like a trip on the struggle bus. So, hang in there and keep on keepin' on! You can do this! Want help?

Make a plan for journaling in vivid detail.

*"A lot of people think what they need is intensity,  
but what they really need is consistency."*

James Clear

When will you do it?

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Could you do this first thing in the morning? Not a morning person? I feel ya! Mornings do set the tone for our entire day, but really any time of day works, including bedtime!

Note: Sticking to the same time every day may work best for you.

Where will you do it?

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Will you use your journal inside or outside? Do you have a favorite spot? Do you need a quiet place?

How will you do it?

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Really visualize it and see all the details: everything from where you are sitting to the writing implement you are holding in your hand. Can you picture it in your mind like you're watching a super cool movie?

**PRO TIP: *Highlight your responses for a quick reminder!***