

BEOP

BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #1: 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?

"A lot of people think what they need is intensity. but what they really need is consistency." - James Clear

When will you do it?

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?

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?

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!