




CHRISTINE MAIER

Label Breaker Weekly Journal

Seven days
to shift your focus, get excited for your
day, and celebrate your successes





Why the Label Breaker Weekly Journal?

All too often, I find myself talking to someone who struggles to find the positive in life. They feel stuck and can't find a way out. They start looking for the negative and find it at every turn.

Why? Because we know that the brain will find what it's looking for.

How do we make the shift from focusing on negative things to positive things?

It's not with sayings like, "you make your own happiness," or "turn your frown upside down."

It takes work to switch your focus.

That's where the Label Breaker Weekly Journal comes in. Each morning you will start by focusing on positive aspects ahead of your day. Each night you will reinforce what went well.

This journal is designed to help you take small, daily steps to break negative thought loops and replace them with positive patterns.

Not convinced?

Benefits of the Weekly Journal include:

- Break free of negative thought loops.
- Start and end each day focused on the positive.
- Focus on the positive, to find more of the same.
- Discover what brings you joy.
- Repeat week after week to increase your results.



Your Promise

I, _____, commit to completing the Label Breaker Weekly Journal each day for the next 7 days.

Completing the 7 day journal is important to me because...

1.

2.

3.

After I complete 7 days in this journal, I will reward myself with...

I will take the following actions to ensure I fill out the Label Breaker Weekly Journal each day:

1.

2.

3.



DATE: SAMPLE

Label Breaker Weekly Journal

We don't see things the way they are. We see things the way we are.

Anais Nin

Morning Inspiration

Today I will be...

Today I will be unstoppable

Today I am excited for...

Today I am excited to visit a farm stand

Today I am grateful for...

Today I am grateful for comfortable shoes

Good Night Messages

Today I helped...

Today I helped my mother with her computer

Today I accomplished...

Today I scheduled a doctor's appointment

The best moment of my day was....

The best moment of my day was taking a nap



DATE:

Label Breaker Weekly Journal

We don't see things the way they are. We see things the way we are.

Anais Nin

Morning Inspiration

Today I will be...

Today I am excited for...

Today I am grateful for...

Good Night Messages

Today I helped...

Today I accomplished...

The best moment of my day was....



DATE:

Label Breaker Weekly Journal

Things do not change; we change.

Henry David Thoreau

Morning Inspiration

Today I will be...

Today I am excited for...

Today I am grateful for...

Good Night Messages

Today I helped...

Today I accomplished...

The best moment of my day was....



DATE:

Label Breaker Weekly Journal

Hardships often prepare ordinary people for an extraordinary destiny.

C.S. Lewis

Morning Inspiration

Today I will be...

Today I am excited for...

Today I am grateful for...

Good Night Messages

Today I helped...

Today I accomplished...

The best moment of my day was....



DATE:

Label Breaker Weekly Journal

The grass is greener where you water it.

Neil Barringham

Morning Inspiration

Today I will be...

Today I am excited for...

Today I am grateful for...

Good Night Messages

Today I helped...

Today I accomplished...

The best moment of my day was....



DATE:

Label Breaker Weekly Journal

Nothing is permanent in this world, not even troubles.

Charlie Chaplin

Morning Inspiration

Today I will be...

Today I am excited for...

Today I am grateful for...

Good Night Messages

Today I helped...

Today I accomplished...

The best moment of my day was....



DATE:

Label Breaker Weekly Journal

I am not a product of my circumstances. I am a product of my decisions.

Stephen Covey

Morning Inspiration

Today I will be...

Today I am excited for...

Today I am grateful for...

Good Night Messages

Today I helped...

Today I accomplished...

The best moment of my day was....



DATE:

Label Breaker Weekly Journal

If there is no struggle, there is no progress.

Frederick Douglass

Morning Inspiration

Today I will be...

Today I am excited for...

Today I am grateful for...

Good Night Messages

Today I helped...

Today I accomplished...

The best moment of my day was....