

# Joe Segal's Inner Circle

Raise Your Vibe & Learn To Thrive

## To Do List

DATE: \_\_\_\_\_

S M T W Th F S

Circle the day of the week

### HAPPINESS ACTIVITIES

Add as many of these to your day as possible

- Write and read a gratitude list
- Take long slow deep breaths
- Offer a sincere thank you
- Give a sincere compliment
- Walk out in nature/sunshine
- Listen to your favorite music
- Turn off the news
- Join a local group
- Smile just because
- Keep a list of accomplishments
- Help or encourage someone
- Drink lots of water
- Meditate for 15-20 minutes
- Unplug from screens regularly

### PEOPLE TO THANK

Give three people a sincere compliment on social media and or in person.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### THINGS I'M GRATEFUL FOR

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### THINGS I GOT DONE OR LEARNED

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

**TWO PEOPLE TO  
COMPLIMENT TODAY**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**YOUR WORD OF THE  
DAY IS:**

**DREAM**

**TWO POSITIVE  
PLACES TO GO TODAY**

Could be in person or on the Internet.

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**TODAY'S MINDFULNESS JOURNAL**

Take note of your thoughts and feelings.

What are you noticing now?

**I'm noticing my thoughts about:**

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**I'm noticing my feelings about:**

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**TODAY'S  
AFFIRMATION:**

