



BrightLife™

FREEDOM JOURNAL

# BrightLife™

## FREEDOM JOURNAL

- INSTRUCTIONS -

**The BrightLife Freedom Journal** is designed to train your brain to seek out more positivity and appreciation in your life—as if on autopilot.

To do this, the following pages contain your daily Freedom Journal exercises, one page for each day of your Recovery Rescue Challenge. Each morning, complete the left side of the day's page; each evening, complete the right side. See the sample on the following page for guidance.

It's important to answer the questions thoughtfully and sincerely, and then take a moment to reflect on your answers. Each section should take you about five minutes.

The purpose of the exercise is to help you root out hidden patterns in your brain that can keep you focused on problems, obstacles, and negativity; a habit that can actually fuel the emotions, urges, and cravings that drive addictive behaviors. The goal is to replace these harmful patterns with new, healthier, and more helpful patterns.

Because we are working against deeply ingrained mental habits, at first, some parts of the exercise may seem challenging, in particular, it's common for people to get stalled when listing things they're grateful for.

If you get stuck, don't give up. Look closely. Be grateful for the things you may usually overlook: your breath, the roads, the birds in your backyard, the fact that if you call 911 someone will come to help you.

It is only through our regular and sincere efforts that new habits of positivity and gratitude will take root in the brain, habits that can lift us up toward the lives of happiness and ease and freedom we deserve.

Have fun with it, let us know if you have questions, and by all means, keep us posted on how you're doing!

With wishes for your greatest happiness,

*Eric*

TODAY'S INSPIRATION

"If the only prayer you said was 'thank you', that would be enough."

Meister Eckardt

**SAMPLE**

MORNING

My overall feeling goal for the day is...

To feel more joyful

Ten things I am grateful for today...

1. My life-giving breath
2. My best friend Jason
3. My good health
4. My apartment
5. Electricity!
6. Hikes in nature
7. The sun on my skin
8. My beat up car 😊
9. My awesome sister
10. Food in the fridge

Today, I will tell Billy  
the ways that more gratitude and positivity  
have helped me.

EVENING

Three unexpected blessings that happened  
to me today...

1. Man in VW let me cut in traffic
2. Found a dollar in parking lot
3. Found new TV program I LOVE

My biggest success with gratitude and  
positivity today was...

I noticed when I was going  
negative and could refocus!!!

On what subject do I tend to be the most  
negative?

Money

How I plan to do better tomorrow...

I will deliberately look for ways  
I'm ABUNDANT

Tonight I plan to go to sleep appreciating...

How Susanna always has my  
back.

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## FREEDOM JOURNAL

- DAY ONE -

### TODAY'S INSPIRATION

"Be thankful for what you have, and you'll end up having more; concentrate on what you don't have, and you'll never have enough."

- Oprah Winfrey

### MORNING

My overall feeling goal for the day is...

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Ten things about my body and mind I am grateful for today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Today, I'm looking forward to...

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### EVENING

Three unexpected blessings that happened to me today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My biggest success with gratitude and positivity today was...

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On what subject do I tend to be the most negative?

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How I plan to do better tomorrow...

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Tonight I plan to go to sleep appreciating...

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FREEDOM JOURNAL

- DAY TWO -

## TODAY'S INSPIRATION

"Gratitude is not only the greatest of all virtues, it is also the parent of all others."

- Cicero

### MORNING

My overall feeling goal for the day is...

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Ten things about my friends, family, and relationships I am grateful for today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Today, I will share something I'm grateful for with...

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### EVENING

Three unexpected blessings that happened to me today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My biggest success with gratitude and positivity today was...

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What was my biggest challenge with staying positive today?

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How I plan to do better tomorrow...

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Tonight I plan to go to sleep appreciating...

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## FREEDOM JOURNAL

- DAY THREE -

### TODAY'S INSPIRATION

"Don't count your blessings. Soak in them. Roll around in them. Bathe in them. Until your entire being is consumed by blessings alone."

- Eric Walrabenstein

### MORNING

My overall feeling goal for the day is...

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Ten things about where I live I am grateful for today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Today, I'm looking forward to...

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### EVENING

Three unexpected blessings that happened to me today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My biggest success with gratitude and positivity today was...

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What problem or challenge did I tend to dwell on today?

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How I plan to do better tomorrow...

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Tonight I plan to go to sleep appreciating...

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FREEDOM JOURNAL

- DAY FOUR -

## TODAY'S INSPIRATION

"Gratitude is the sign of a noble soul."

- Aesop

### MORNING

My overall feeling goal for the day is...

\_\_\_\_\_

Ten things about *possibility and opportunity* I am grateful for today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Today will be a great day because...

\_\_\_\_\_

\_\_\_\_\_

### EVENING

Three unexpected blessings that happened to me today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My biggest success with gratitude and positivity today was...

\_\_\_\_\_

\_\_\_\_\_

How do I feel when I am focusing on the negative parts of my experience?

\_\_\_\_\_

How I plan to better focus on gratitude...

\_\_\_\_\_

\_\_\_\_\_

Tonight I plan to go to sleep appreciating...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## FREEDOM JOURNAL

- DAY FIVE -

### TODAY'S INSPIRATION

"Gratitude is the easiest way to synthesize happiness out of thin air."

- Eric Walrabenstein

### MORNING

My overall feeling goal for the day is...

\_\_\_\_\_

Ten things *about nature and our world* I am grateful for today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Today, I will tell \_\_\_\_\_  
how much I appreciate them.

### EVENING

Three unexpected blessings that happened to me today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My biggest success with gratitude and positivity today was...

\_\_\_\_\_

\_\_\_\_\_

What percentage of my time was focused on negativity and worry today?

\_\_\_\_\_

How I plan to do better tomorrow...

\_\_\_\_\_

\_\_\_\_\_

Tonight I plan to go to sleep appreciating...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## FREEDOM JOURNAL

- DAY SIX -

### TODAY'S INSPIRATION

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

- William Arthur Ward

### MORNING

My overall feeling goal for the day is...

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Ten things *about my abilities* I am grateful for today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Today, I'm looking forward to...

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### EVENING

Three unexpected blessings that happened to me today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My biggest success with gratitude and positivity today was...

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How is worry and a focus on problems serving me?

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How I plan to do better tomorrow...

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Tonight I plan to go to sleep appreciating...

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# BrightLife™

## FREEDOM JOURNAL

- DAY SEVEN -

### TODAY'S INSPIRATION

"If the only prayer you said was 'thank you', that would be enough."

- Meister Eckardt

### MORNING

My overall feeling goal for the day is...

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Ten things *about my life* I am grateful for today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Today, I will tell \_\_\_\_\_  
the ways that more gratitude and positivity  
have helped me.

### EVENING

Three unexpected blessings that happened to me today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My biggest success with gratitude and positivity today was...

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Is there something that typically triggers me into negative thinking?

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How I plan to manage it...

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Tonight I plan to go to sleep appreciating...

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