

June Journal – Creating Beautiful Feelings

“Though we travel the world over to find the beautiful, we must carry it with us, or we find it not.” — *Ralph Waldo Emerson*

1. How do you feel?

Be honest and unabashed. It is not unusual to find ourselves waking up feeling anxious or sad, or just less than ideal every morning at certain times in our lives. So don't be afraid to be honest here. It's for your eyes only.

And if you're waking feeling terrific, that's definitely ok too. Either way is just fine. And both will work beautifully for this process.

Some ideas to get you started:

| | | |
|---------|------------|-----------|
| Anxious | Dull | Stressed |
| Angry | Frustrated | Overwhelm |
| Tired | Depressed | Sad |

2. How do you want to feel?

If your answer for the first question was **something unpleasant or ugly**, choose something more beautiful.

For instance, if you felt anxious, what would be the opposite emotion that would give you relief or just feel good? Maybe for me it's calm, but it could be peaceful or safe for you. Pick the word that resonates.

If your answer was **something already beautiful**, ask yourself if you could feel even better or more like that.

Some Ideas to get you started:

| | | |
|----------|------------|-----------|
| Calm | Loving | Beautiful |
| Excited | Cared for | Safe |
| Joyful | Hopeful | Peaceful |
| Nurtured | Purposeful | Confident |

3. Brainstorm 3 tiny actions that could make you feel that way today:

Go for exceptionally small, teeny tiny things here. Putting “Meal prep for the entire week” on here is unreasonable and way toooo big for this process.

We want little tiny turtle steps that are exceptionally easy to do daily. That’s what makes this process sustainable over weeks, months, or even years if you want!

Some Ideas to get you started:

Listen to beautiful music as I get ready
Have my coffee outside
Put my sneakers that have been sitting by the back door for weeks away

Listen to a positive podcast on my way to work
Go get lunch from my favorite restaurant
Go to bed early tonight

Put on my sexiest perfume
Wear my favorite color
Relax & eat cereal for dinner

Avoid my coworker who is always complaining for today
Go for a one minute walk.
Put on the fun sundress for no reason.

4. Pick ONE of the three and do it today!

ONLY pick ONE! And put it on your “to do” list or in your schedule, or put a reminder on your phone so you commit to doing it. If it’s not in your schedule, it ain’t getting done.