



Sample Month: **JANUARY**

The January to December Journal is available at [Amazon.com](https://www.amazon.com).

(This is a Word Document Version)

Mindfulness and Health Watch: Your 2023 Weekly Journal

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2023

JANUARY

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FEBRUARY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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31						

Why I Created this Journal

When I was a teenager, I had a small, keyed diary where I wrote my joys and my innermost secrets. I loved my diary until the day my sister found it, accessed it, and read it. I was devastated and embarrassed. I never wrote in a diary again!

Fast forward to a time when, as an adult, I was dealing with an emotionally damaging relationship situation and was recuperating from a stabbing incident. At that point, I heard of Rick Warren's book "Purpose Filled Life", which also had a journal workbook. I read the book and then filled out every page in the journal. It helped me to transfer all the anger, hurt, and confusion from within my head and heart to paper. Although it didn't solve all of the problems I was dealing with, it helped me to destress by alleviating some of the lingering anger. Later, I utilized journaling to help me through a difficult family situation. One day I came across the journals and started to re-read them. Although some people might say re-reading is a lesson within itself, I found it devastating. It caused me to stirrup and relive memories I wanted to leave buried. So, I burned them! Yes, I felt better afterward.

Years later, and on a more positive note, I attended a Global Women's Peace Network luncheon. We were all given a "Gratitude Diary" written by Melanie Spears as a gift. It was beautifully done, felt special, and re-ignited my desire to journal again. I enjoyed Melanie's sharing of herself in personal notes throughout the diary, her approach to recording daily thoughts, and the spiritual guidance it also offered were uplifting. Please visit my recap of her journal on my website:

- ✓ GloriaPetersen.com
- ✓ Click on ... Blogs and Articles | Inspire to Aspire | Why Gratitude

Melanie's "Gratitude Diary" inspired me to continue journeying in a more positive way. I continue to journal to help myself get beyond life's obstacles and disappointments as they occur and to stay focused on the positive aspects of my life.

My son gifted me a smartwatch for Christmas. It inspired me to start challenging myself with a daily recording of my steps. I should also mention that a recent physical indicated that I had an oxygen flow to the brain concern, and daily walking was highly recommended. Although these

watches have apps that record your daily activities, I started recording my step activity in the margin of my journal so I could have it at-a-glance. As we have evolved into a Fitbit-type society, I thought, why not add a “Health Watch” box to each day? This way we are giving ourselves both a mental and physical weekly checkup. They are both important to one’s well-being. Agree? And yes, this new habit of walking and monitoring my steps did improve the oxygen flow to my brain. Sold on daily walks!

Before I decided to publish my own version of a journal, I went to Barnes & Noble’s journal and diary sections and literally sat on the floor as I scanned through all the pages. I just couldn’t find a journal that had the elements I was seeking because I now had my own ideas on how I wanted MY journal to work. Hence, this journal was developed. Why not share with all of you?

Let’s Get Started

There are numerous ways for YOU to ACCESS ways to inject or cultivate an attitude of positivity into your daily routine. They range from books, videos, tapes, retreats, and social media, to participating in retreats and seminars. What’s important is to have a routine that allows you reflective time every day. By utilizing a diary or incorporating journaling, viewing a video, and/or listening to an audio, you are creating a helpful and healthy pattern.

Note: There is a slight difference between a diary (records daily data) and a journal (reflection and aspiration). Both are used to keep personal records or daily thoughts. Both can be fancy covers with lined pages, or they can be written in a workbook style that helps engage or direct you.

Sharing MY Routine

Upon waking every morning, I begin with a routine that helps me set a positive tone. Sometimes I disperse this routine throughout the day because life has its unexpected diversions. This habit has been especially helpful when I’m dealing with adversity. **You create yours!**

Upon waking ... I ...

- Brush my teeth to refresh my mouth and stimulate my taste buds.
- Make coffee and eat two dates (which makes my coffee taste better)
- Turn on YouTube and watch five or ten minutes of gratitude while enjoying my coffee. For example: "Today I am grateful for _____"
- Say my prayer for the day and reflect by asking myself a few questions; then listen to my inner voice for an answer. My prayers always include a prayer for those dealing with physical and/or emotional challenges as I recite: "...keep the faith, have hope and look for better days to come."
- Read a short spiritual excerpt or chapter from a positive mindset book source.
- Record in my journal.
- Engage in ten minutes of Yoga stretch followed by a one-minute plank to strengthen my lower back, and three minutes of inversion (upside down exercise position) to get my body moving, blood flow engaged, and oxygen flowing. (Make sure that this position is approved by your doctor.)
- Have Breakfast...ALWAYS. This wakes my metabolism.
- Walk for 30 to 60 minutes.
- Turn on my laptop and check my calendar for the day. I'm ready!
- Record my steps at the end of the day.
- When I retire for the day, I set my timer and select a YouTube mental refresh video, lasting for at least an hour. I'm in a deep sleep within minutes every night. **Best sleeping pill alternative ever!**

Yes, this does mean that I get up extra early. You decide what part of the day works best for you and set your routine. You may have to break your routine into two or three sessions throughout the day.

As a bonus, visit my website GloriaPetersen.com, click on Author, then Mindfulness Journal. I invite you to share how journaling has helped you. We will be creating a community of inspirational sharing.

YOUR SEVEN DAYS OF MINDFULNESS

*Everyone's basic need is to be respected, validated, and appreciated.
Start with YOU!*

Intention

Focus on Desired Accomplishments

An intention **is an aim or purpose, something you plan to do or achieve** — then do it. It's that sense of accomplishment that is so validating. And, if you don't finish, just add that intention to the next day until finished. Things happen and interfere with our best intentions. It can be a personal or business/career-related mission. Finish the intention or create a new one. It's important to keep moving ahead.

Gratitude

Appreciate Everything and Everybody

Gratitude **is one of many positive emotions**. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, and even computer access. Begin your day with gratitude and end your day acknowledging something you experienced in a grateful way.

Affirmation

Reinforce Self Truth

An affirmation **is to affirm or assert that something exists or is true**. It is also about your truth about yourself. Go deep within yourself and discover your truths before judging another. What do you believe to be true and then ask yourself why, does it make sense, and does it need to be adjusted? In other words, "who am I"? Go deep!

Visualization

Create Your Actuality

Visualization is **creating a mental picture of how you want something to be or to evolve.**

Visualization is taking an idea to fruition; it's the key to inventions and change. How do you want to see your life evolve? Be flexible! Sometimes the visual picture needs to change or be reworked. Keep creating and recreating.

Kindness

Extend and Receive Good Deeds

Kindness is how you treat yourself and others. Treating people with kindness and respect makes the world a better place and sets a better example. No matter how unfair or insensitive someone has been to you, you treat them with kindness. It can be hard, but it is necessary. The greatest need is kindness. Just be caring and decent to others. Use every opportunity to extend a random act of kindness. Kindness is win-win and always sets a better example! Become a role model to others with your kindness.

Wisdom

Share Age-Long Experiences

Wisdom is **the ability or result of an ability to think and act utilizing knowledge, experience, understanding, common sense, and insight.** *It allows us* to experience knowledge, take risks, and engage one's intuition for a full experience. Wisdom is not just about age, although in some cultures age gives the right to wisdom. It's about making good, solid decisions based on experience and foresight. Then, share your wisdom with others.

Spirituality

Have a Heart Centered Mindset

Spirituality is **the quality of being concerned with the human spirit or soul as opposed to material or physical things.** It's about the breath and quiet moments that allow us to go deep within ourselves to find answers and alleviate stress. It is the shift in priorities that allows us to embrace our spirituality in a more profound way. It's how something as simple as the "breath" can create calmness.

A Note About the *Quotes* Throughout This Journal

Every effort was made to select quotes that are original and that fit the theme for that month. Some quotes DO NOT have an outside source because they are thoughts that I want to share that I jotted down and kept.

Health Watch

A healthy happy lifestyle is made up of both mental and physical well-being. Journals are typically all about thinking positively. We all know the importance of incorporating exercise into our daily routine. Why not record both?

HEALTH Watch	
Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

At the end of the day, record your smartwatch or Fitbit progress based on steps achieved, calories burned, and time spent on mindfulness. This is a great way to stay motivated by recording your progress. Before you know it, you are doing more than you imagined.

What I learned this week about myself, others, and/or the world around me:

This page is your opportunity to appreciate YOU! Consider the following:

- The highlight of my week was
- The three things that made the biggest difference for me this week ...
- How I helped someone get through a difficult moment or situation ...
- How I helped myself stay calm (destress) during a difficult or challenging moment ...
- What I learned ...What I saw ... What I experienced ... New ideas that emerged ...

Exercises that I performed this week:

If you prefer not to record steps, then jot down your exercise routine. Just keep moving.

This week's healthy eating food choices:

Jot down your healthy diet habits at the end of the week. What new healthy foods did you try? Did you increase your vegetable intake and minimize non-foods (processed foods)? If you have a sweet tooth, write down that today you said NO to a candy bar. Whatever keeps you eating healthy.

JANUARY 2023

Sunday, January 1

With every new year, it is time to **reboot**:

REFLECT on what worked, **REFOCUS** utilizing new ideas, then **RENEW** your approach.

Allow each **NEW** Season to be your guide.

Monday, January 2

Intention *Focus on Desired Accomplishment*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

Tuesday, January 3

Gratitude *Appreciate Everything and Everybody*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

Wednesday, January 4

Affirmation *Reinforce Self Truth*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

Thursday, January 5

Visualization *Create Your Actuality*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Friday, January 6

Kindness *Extend and Receive Good Deeds*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Saturday, January 7

Wisdom *Share Age-Long Experiences*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Sunday, January 8

Spirituality *Have a Heart Centered Mindset*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

JANUARY 2023

Never underestimate the power you have to take your life in a new direction.

—Germany Kent

Monday, January 9

Intention *Focus on Desired Accomplishment*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Tuesday, January 10

Gratitude *Appreciate Everything and Everybody*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Wednesday, January 11

Affirmation *Reinforce Self Truth*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Thursday, January 12

Visualization *Create Your Actuality*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Friday, January 13

Kindness *Extending and Receiving Good Deeds*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Saturday, January 14

Wisdom *Sharing Age-Long Experiences*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Sunday, January 15

Spirituality: *Having a Heart-Centered Mindset*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

JANUARY 2023

If I cannot do great things, I can do small things in a great way.

—Martin Luther King Jr.

Monday, January 16

Intention *Focus on Desired Accomplishment*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

Tuesday, January 17

Gratitude *Appreciate Everything and Everybody*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

Wednesday, January 18

Affirmation *Reinforce Self Truth*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

Thursday, January 19

Visualization *Create Your Actuality*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Friday, January 20

Kindness *Extending and Receiving Good Deeds*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Saturday, January 21

Wisdom *Sharing Age-Long Experiences*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Sunday, January 22

Spirituality: *Having a Heart-Centered Mindset*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

JANUARY 2023

Prosperity is being debt free.

Wellness is a healthy mind and body. Love is the ability to love.

Monday, January 23

Intention *Focus on Desired Accomplishment*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Tuesday, January 24

Gratitude *Appreciate Everything and Everybody*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Wednesday, January 25

Affirmation *Reinforce Self Truth*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Thursday, January 26

Visualization *Create Your Actuality*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

Friday, January 27

Kindness *Extending and Receiving Good Deeds*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

Saturday, January 28

Wisdom *Sharing Age-Long Experiences*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

Sunday, January 29

Spirituality: *Having a Heart-Centered Mindset*

HEALTH Watch

Steps Achieved	_____
Distance Walked	_____
Calories Burned	_____
Mindfulness Time	_____

JANUARY – FEBRUARY 2023

*We do not remember days, we remember moments.
The richness of life lies in memories we have forgotten.*

— Cesare Pavese

Monday, January 30

Intention *Focus on Desired Accomplishment*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Tuesday, January 31

Gratitude *Appreciate Everything and Everybody*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Wednesday, February 1

Affirmation *Reinforce Self Truth*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Thursday, February 2

Visualization *Create Your Actuality*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Friday, February 3

Kindness *Extend and Receive Good Deeds*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Saturday, February 4

Wisdom *Share Age-Long Experiences*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Sunday, February 5

Spirituality *Have a Heart Centered Mindset*

HEALTH Watch

Steps Achieved _____
Distance Walked _____
Calories Burned _____
Mindfulness Time _____

Want to Know More?

There is an abundance of books, audio tapes, articles, and videos to keep you engaged in mindfulness. It's up to you to choose your path to a happier and more fulfilling life. The following are some of my favorites:

Videos: YouTube Resource

Go to "Select" on your YouTube Channel and type in your selection. This will save a lot of searching time. I have created a catalog of my favorites, and what I watch varies. Add your favorite. A sampling of my favorites:

- "A Grateful Mind Attracts Miracles" by Rising Higher Meditation
- "Powerful Affirmations and Powerful Gratitudes" by Bob Baker
- "Powerful Brainwave Mindfulness" by Dr. Nipun Aggarwal

Any mindfulness and gratitude video by Jess, Susie Pinon, Wayne Dyer, Louise Hay, Connie Riet, Jessica Heslop, Bob Baker, and Jason Stephenson will guide you along the way.

Some of my favorite books include:

- "Kataholos: Guidelines for a Wholistic Happy Life" by Michael Quigley
- "The Heart of China: How Mindfulness Change My Life" by Todd Cornell
- "I Know: A Practical Guide for Awakening to What's Within and Finding Work-Life Integration" by Michael S. Seaver
- Plus, any book by Joel Osteen, Rick Warren, Louise Hay, Baptist De Pape, Esther & Jerry Hicks ... to name a few.

List your favorites:

- _____
- _____
- _____
- _____
- _____

**Enjoy the wonderful difference this practice makes in
your personal and professional life!**

GLORIA PETERSEN



Gloria Petersen is a *persevering entrepreneur, tenacious survivor, dedicated mother and grandmother, and a giving volunteer*. She emphasizes the importance of getting beyond personal and/or professional challenges by staying in control!

Journaling is an important healing step along the way, and the first step in developing a strong sense of self.

Gloria is the founder and director of Global Protocol Academy, LLC. She has provided training, seminars, and coaching in professional presence, business etiquette, and international protocol for over 30 years. Her clients range from Fortune 500 companies to emerging entrepreneurs.

Visit Gloria's websites and join her social media for articles and tips

- *Speaker and Author:* GloriaPetersen.com
- *Professional Development Four-book Series:* ArtofProfessionalConnections.com
- *Subject Matter Expert Training:* GlobalProtocolAcademy.com



Watch for Gloria's next book, which is directed at helping others find their strength:

"GRIT POWER ... How to Land on Your Feet No Matter What!" (Tentative title)

Why? Because she has done it!

Sample Month: JANUARY

The January to December Journal is available at Amazon.com.

Just transfer your notes to your journal when it arrives.

I hope this sample section inspires you to use this journal to

help you have a fulfilling and memorable 2023.