



Let yourself be enchanted!

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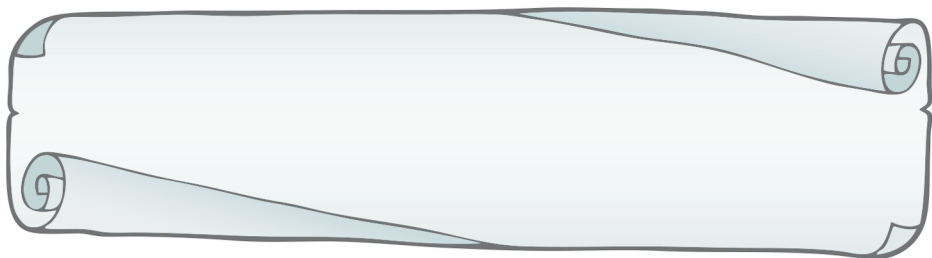
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This journal belongs to:



Introduction

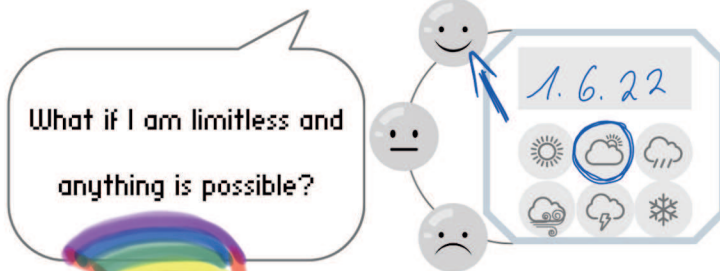
Hello and welcome to your happy journal.

In your journal, the text should serve as a guide and not restrict you when filling it out.

You'll find extra pages to use for colouring, pictures and stickers, as well as a place for inspirational quotes that would otherwise be forgotten.



sample page / fill-in help



That made me smile today:

Doing some rainbow
nailart and seeing
my daughter smile

Love message - that's what I want to tell myself today:



I am really proud of you,
you were really strong today at your
appointment



Vault for my thoughts

I fear that nobody will
be interested in my ideas
↳ Do I like them?
↳ YES ♥ ☺
That is the most important



I look forward to that tomorrow:

Going to the gym and trying
a new workout



Writing down your goals helps you to anchor them in your consciousness. You create clarity and can align your focus precisely.

Writing down achievements or positive events of the day every day can help make you happier and more content. You focus more on the good things in your life.

Gratitude and positive thoughts release dopamine and serotonin in your brain. These two hormones make you feel more carefree and happier.

A mood board can help you to keep your dreams in view and to achieve them more easily and quickly.

What we deal with in detail will also come to us.
(Law of Attraction – book tip "The Secret")

The habit tracker helps you to build new habits in a binding and fun way. New habits take about 66 days to become established, although small breaks are allowed. Smearing provides a small reward and helps you stay tuned.

Tips & Tricks

In order not to lose track, grab a few sticky notes to mark the extra pages.

Want to reuse your stickers?!

"Prime" the sticker pages with clear tape, or take a blank sticker sheet and tape it to the page.

As a "bookmark" you can download the habit tracker and the tutorial on my homepage for free. Alternatively, you can use the habit trackers at the end.

Do not forget!

Your diary lasts for 4 months, so don't forget to reorder.



What if – affirmations

A 2009 study found that for some of the participants, repeating a statement like “I am lovable” actually made them feel worse.

It was specifically the people who had low self-esteem.

The participants with high self-esteem weren’t affected that way. Because positive affirmations reinforce good things you already know about yourself. But positive statements that you don’t believe are true draw attention to the gap between your “actual” self and your “ideal” self.

So they don't make you feel better if what you believe about yourself already isn't very good.

But the "what if" workaround can make positive affirmations work better for all of us. And get you into a more positive headspace.

Because even if you're usually oozing self-confidence, you're bound to experience some moments of doubt.

Here's what you can do:

Add "What if" at the front of your existing affirmation

Put a question mark at the end

That's it!

Space for my thoughts

My goals

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

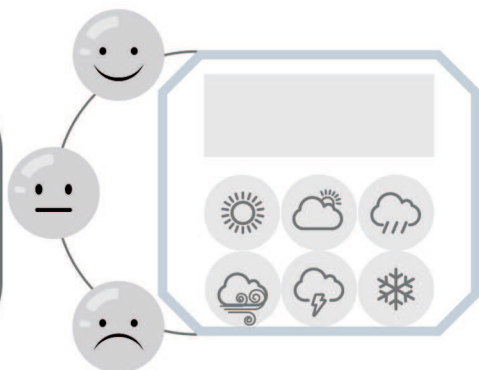


M00000000

BOARD



What if I am strong and confident?



That made me smile today:

Love message – that's what I want to tell myself today:



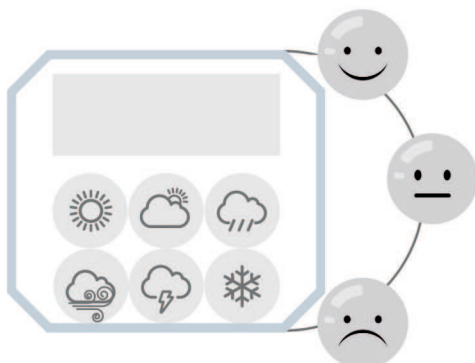


Vault for my thoughts



I look forward to that tomorrow:





I will never give up on my
dreams.



This is what I learned today:

I am grateful for:

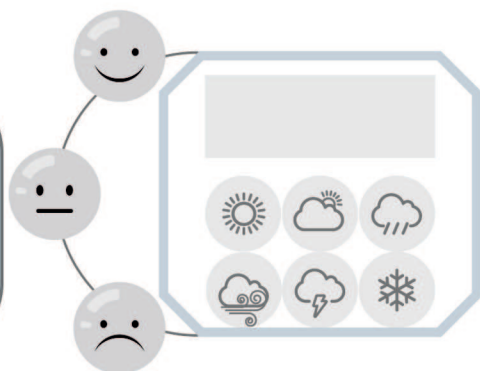
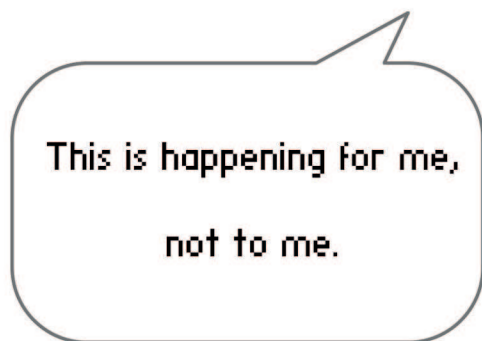


Vault for my thoughts



My good deed of the day:





That made me smile today:

Love message – that's what I want to tell myself today:



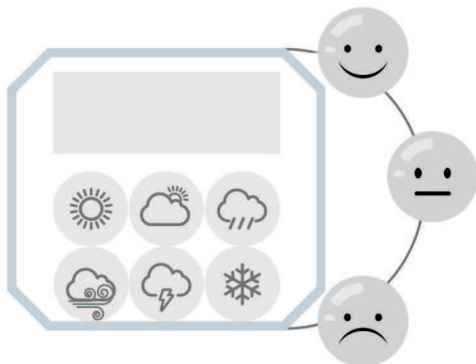


Vault for my thoughts



I look forward to that tomorrow:





What if I am enough?



This is what I learned today:

I am grateful for:



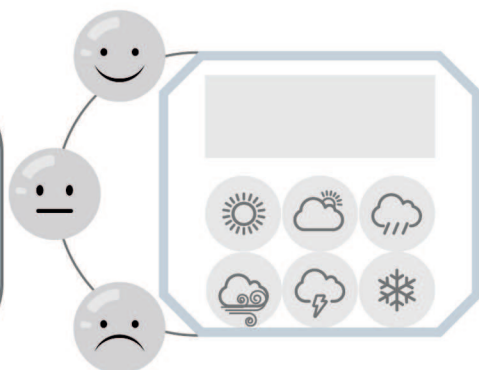
Vault for my thoughts



My good deed of the day:



This too shall pass.



That made me smile today:

Love message – that's what I want to tell myself today:



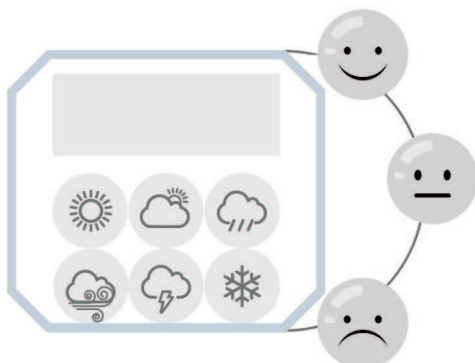


Vault for my thoughts



I look forward to that tomorrow:





What if I believe in
myself?



This is what I learned today:

I am grateful for:



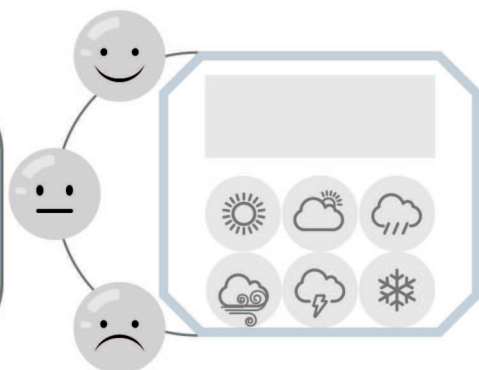
Vault for my thoughts



My good deed of the day:



What if today is full of possibilities?



That made me smile today:

Love message – that's what I want to tell myself today:





Vault for my thoughts



I look forward to that tomorrow: