

ROLE WITH THE PUNCHES

MINDFULNESS DAILY JOURNAL

ALHPA VERSION 1.0

**TRAIN YOUR BODY AND MIND TO BETTER
COPE WITH THE BLOWS LIFE SENDS YOUR
WAY.**

BLIND WAVE LLC

Blindwave.com/RP

I, _____,
commit to tracking my mindfulness campaign in this journal starting _____.

ROLE WITH THE PUNCHES

MINDFULNESS CAMPAIGN JOURNAL

Train your body and mind to better cope with the blows life sends your way.

Blind Wave LLC

Blindwave.com/RP

ROLE WITH THE PUNCHES

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DISCORD: [DISCORD.GG/BLINDWAVE](https://discord.gg/blindwave)

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You are an adventurer. The bounty you seek is being able to take control of the story of your life. You're going to have to make training your body and mind a priority. You're going to venture outside of your comfort zone. You're going to have to gather a party to support you. You are equipped with determination and this journal.

Find a pencil, and start writing your life's story.

DAILY JOURNAL

The following pages contain a section for your daily journal. There is a section to complete each morning right when you wake up, and a section for before you go to bed. Each morning entry also gives you an exercise to complete, usually it will direct you to another part of the journal to fill out.

Things I'm grateful for...

This section is what's known as a gratitude journal¹. The idea that by habitually recognizing and recording positive aspects of our life, we can rewire our brains to focus on them throughout the day. You can list anything, no matter how small.

I've also found that a gratitude journal directed towards another individual can be of great help strengthen a relationship. I keep a separate gratitude journal about my wife. This helps me consciously recognize all of the effort she is putting into our relationship, household, and parenting. I periodically share entries with her, so she knows how grateful I am.

What's three things I want to accomplish today?

By providing myself with short term goals, I can recognize what is important to me to accomplish for the day. It makes the day less overwhelming if I'm able to break it down into what I really want to accomplish, versus what isn't as pressing and doesn't need to be done today. I don't punish myself for not achieving them. It's just a roadmap for the day – it's fine if I take a few detours.

What am I worried about tomorrow?

My mind is often plagued by persistent worries. The act of getting these concerns on paper, makes them less scary. I don't need to waste brainpower focusing on them tonight, I've written them down and can deal with them later. It's also helpful to analyze these concerns and see if they are reasonable ones.

Three great things that happened today:

Finally, I try to end the day with positivity. Again, it doesn't matter how small of a thing it was. When I use this section, I also like to note what my role was in the noted item. As an example: "I made a great meal my family enjoyed today! I'm proud because I've been working hard to improve my cooking!"

1 - <https://greatergood.berkeley.edu/pdfs/GratitudePDFs/3Froh-BlessingsEarlyAdolescence.pdf>



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to the Leveling Up Section. Fill out your rewards for the different levels. What kinds of things/activities make good rewards for you now? What's something you used to enjoy and would like to get back into?



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

1. _____
2. _____
3. _____



_____/_____/_____

I am grateful for...

- 4. _____
- 5. _____
- 6. _____

What's three things I want to accomplish today?

- 4. _____
- 5. _____
- 6. _____

Go to your character sheet, and fill out the Occupation section. Write 3 steps you need to do to start making your dream a reality.



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

- 4. _____
- 5. _____
- 6. _____



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to your character sheet, and fill out the Class section. Why do think your #1 class you suits you?



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

1. _____
2. _____
3. _____



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to your character sheet and fill out the two description sections. What do you most hope to change in either description?



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

4. _____
5. _____
6. _____



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to your character sheet, and fill out traits section. Write about a recent instance where you displayed one of your higher traits.



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

1. _____
2. _____
3. _____



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to your character sheet and fill out the passions section. Write the first three steps you would need to take to start an activity you'd like to do for one of your passions.



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

1. _____
2. _____
3. _____



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to your character sheet, and fill out the Skills section. What skill would you like to start improving today? List the first three steps how.



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

1. _____
2. _____
3. _____



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to your character sheet and fill out the Feats section. What feat do you think has the most negative impact on your life? How could it be used in a positive way?



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

1. _____
2. _____
3. _____



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to the Goal Map section. Start on your first level. Draw at least two rooms.



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

1. _____
2. _____
3. _____



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to the Goal Map section. Try to finish your first level.



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

1. _____
2. _____
3. _____



_____/_____/_____

I am grateful for...

1. _____
2. _____
3. _____

What's three things I want to accomplish today?

1. _____
2. _____
3. _____

Go to the Role With the Conversation section. Use one of the three methods to address a negative thought, or a stressful upcoming conversation.



What am I worried about tomorrow? What's the worst that would happen? What might reasonably happen?

Three great things that happened today:

1. _____
2. _____
3. _____