

# **ROLE WITH THE PUNCHES**

**MINDFULNESS CAMPAIGN 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](https://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](http://Blindwave.com/RP)

## **ROLE WITH THE PUNCHES**

**CREATED BY: RICK MARTIN**

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

**©2022 BLIND WAVE LLC. ALL RIGHTS RESERVED. ALL MATERIAL IN THIS JOURNAL IS FOR PERSONAL USE ONLY AND MAY BE PRINTED OR PHOTOCOPIED FOR SUCH USE. WHILE THE PUBLISHER HAS USED THEIR BEST EFFORTS IN PREPARING THIS JOURNAL, THEY MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS JOURNAL. THE ADVICE AND STRATEGIES CONTAINED HEREIN MAY NOT BE SUITABLE FOR YOUR SITUATION. YOU SHOULD CONSULT WITH A PROFESSIONAL WHERE APPROPRIATE. NEITHER THE PUBLISHER, NOR AUTHORS SHALL BE LIABLE FOR ANY LOSS OF PROFIT OR ANY OTHER COMMERCIAL DAMAGES, INCLUDING BUT NOT LIMITED TO SPECIAL, INCIDENTAL, CONSEQUENTIAL, OR OTHER DAMAGES.**

[Blindwave.com/rp](https://blindwave.com/rp)

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.

# What is Role With The Punches?

---

Role With the Punches is a system that blends exercise and mindfulness journaling with an RPG style reward system. The goal is to help motivate you to develop healthy habits that will benefit you for the rest of your life. Habits that can make it easier to cope with the blows life sends your way.

- ✓ Use rewards to build healthy habits
- ✓ Manage stress by exercising and practicing mindfulness
- ✓ Increase confidence and a sense of self-worth by focusing on positivity
- ✓ Utilizing a support group to help us when we need it

## Reward your progress

Use the XP journal in this section to keep track of the activities you do to better your life. Once you've done enough of them, it's time to reward yourself to help motivate you to keep doing them. You can read more about this idea in the XP chapter.

## Manage stress

### With exercise

Every week over at [Twitch.tv/blindwave](https://www.twitch.tv/blindwave) I host a boxing workout stream, where you can workout with me live for about two hours. If you can't catch it live, you can watch the VOD at [youtube.com/blindwave](https://www.youtube.com/blindwave). I try to make the workouts accessible for all skill levels, with no equipment required. You need to train a number of days a week that fits your skill level and goals. I would try to aim for 2-3 days a week starting out. You can do light activity on your rest days, but make sure you are giving yourself time to heal. The more time you commit, the more progress you'll make, but it is possible to overwork yourself. The CDC recommends 150 minutes of moderate-intensity exercise a week, or 75 minutes of vigorous intensity. I would see this as the minimum, but a good starting goal. You can read more about the CDC's recommendations here:

<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

I like boxing because a boxing round is a sequence of being tensed and relaxed. I've found that the skill of relaxing myself in stressful situations has carried over outside the ring as well. It's something I can practice anywhere, with no equipment. It's complex and engaging for my mind – I find it difficult to concentrate on boxing as well as the things that are bothering me.

If there is another exercise routine you wish to do instead of boxing, go for it!

## By practicing mindfulness

By practicing moment-to-moment awareness, without judgement, we can better manage stress and worry. We can start to understand our negative thought patterns and cope with them before they spiral out of control. Every day you'll be writing in this journal twice a day: once when you wake up, the other before bed.

### Gratitude

You'll start the day listing things you are grateful for: these could be objects, relationships, accomplishments, anything at all that you are grateful for. We want to start the day off with a positive mindset, and by realizing what we appreciate, we can learn about what is important to us, and once we know that we can try to focus more on those things we are grateful for throughout the day.

### Daily Goals

Here we'll list thing we want to accomplish today. After the last section, you should be thinking about what you are grateful for: so maybe something related to those. Maybe something related to work, or your skills, or passions, or whatever you want. You are simply stating the intention here, trying to discover what is important to you, you aren't to punish yourself for not accomplishing these.

### Worries

In this section, we'll write down our worries. The idea is to get them out of our head, and onto paper. Now that they're safe and sound here you can free up that space in your head – let them go. If you really need to worry about them again, you can always go back a day tomorrow and find them again here.

We're also using this section to put our worries into perspective. Our mind has a superpowered ability to inflate worries until they take up every bit of our brain. When writing here, try to think about the advice you would give to a friend with this worry, and then *listen to yourself*.

### Three Great Things That Happened

We started the day with positive thoughts and now we are going to end the day the same way. It doesn't matter how small the event, if it brings you even the slightest positive emotion recalling it now, write it down.

You can learn about some of the benefits of mindfulness here:

<https://www.apa.org/monitor/2012/07-08/ce-corner#:~:text=Among%20its%20theorized%20benefits%20are,with%20kindness%2C%20acceptance%20and%20compassion.>



## Increase confidence and a sense of self-worth

The third objective is to increase our confidence and a sense of self-worth by focusing on positivity. In my experience I've found that combat sports like boxing, as well as martial arts like karate, have helped me be more confident, and feel better about myself. The process of pushing through my limits and getting stronger makes me feel like I can handle anything life throws at me.

Success fosters confidence. I find if I set an achievable goal, and fulfill it, I feel more confident in other tasks and situations. When it comes to reaching a goal something that was especially difficult, my mind now has a new measuring stick for what I can accomplish. When I'm worried about an upcoming phone call I'll have at work, or an upcoming trip, I can say to myself:

"You were able to do six rounds on the heavy bag this week! If I was able to do that, this trip will be no problem!"

There is a section for goals you'll check out later.

***Every day all you need to do is the daily entry in this journal. The daily entries will guide you through completing this journal.***

## Building and Utilizing a Support Group

When it comes down to it, achieving your goals comes down to you. You must put in the effort, do the work. That doesn't mean that you need to adventure alone though! You'll need an adventuring party to help you when you struggle. Family and friends can be a great place to start. You should speak to your doctor before starting a new exercise routine. Also, don't be afraid to speak to a therapist – our minds need maintenance too.

You can also find encouragement at [discord.gg/blindwave](https://discord.gg/blindwave) in the Role with the Punches channel! Find a virtual wellness buddy and celebrate each other's successes, and hold each other accountable to make sure you're sticking to the routine. You can just chat or ask questions too.

# How to fill out the character sheet

---

Make sure you're writing in pencil! You'll be updating this over time.

*Your character sheet, much like yourself, is never finished.*

Every five levels you start a new character sheet, and leave your last ones untouched so you can *see how you've grown and changed*. I've included 10 character sheets towards the end of this journal, which should last you for the entirety of this journal. Print out or photocopy more if you need.

*It could also be a fun exercise to find a partner and fill out a character sheet about the other person.*

**DON'T FEEL OVERWHELMED! WE'RE NOT FILLING OUT THIS ENTIRE SHEET RIGHT NOW. WE'LL WORK ON IT A LITTLE EVERYDAY. FOR NOW, JUST START WITH YOUR *NAME, LEVEL, AND XP*.**

**Name:** What's your name? Write it here. While you're thinking about your name, ask yourself... do you like your name? Say it aloud. Does it still suit you? Remember you're writing your own story now. If you are unhappy with your name, change it.

**Level:** You start at level 1. As you hit XP thresholds you'll level up! There is no max level. We'll talk more about levels in a later chapter.

**XP:** This is your experience points. This will increase as you perform activities that have a positive impact on your life. See the Experience Points chapter for more info. Just for starting this journal you already get 10XP!  
**You never lose XP!**

**STOP HERE FOR TODAY!**

**Occupation:** List your current occupation, as well as your dream occupation here. It doesn't have to be a full-time job. It can even be a hobby you would like to start, that might someday turn into a job.

**Class:** You can think of this as representing your clique, interests, or personality. Here are the usual options but make up your own if something doesn't fit. In life we all multiclass, so rank them in order of 1 being your primary class. You can rank them in how much you think it suits you as you are now, or how you want to be.

***Fighter:*** A fighter is usually an athletic type, but can also represent discipline, strong will, or standing up for their beliefs.

***Wizard:*** An academic who values knowledge and understanding. Usually a specialist, so if you focus on being good at one thing this could fit you as well.

***Ranger:*** Think explorer, or hunter. Someone who isn't afraid to venture to new lands, literally or metaphorically – often with an animal companion.

***Druid:*** You give life to nature, and it gives life to you. Maybe a gardener, or someone who likes spending time with animals. Druids also tend to put a high value on tradition.

***Bard:*** Enjoys culture, music, literature, poetry, film – might create it as well. Creative, and tends to be more generalist – good at a lot of different things, but not the best at anything.

***Cleric:*** A healer, or helper. Maybe a teacher. Often spiritual or religious.

***Rogue:*** Clever. Often gets into trouble which they usually get out of with a quick wit or quick feet.

**Description:** How would you describe yourself? You can list personality or physical traits; you can write a sentence or two. You could also describe yourself using a film, song, or anything else that comes to mind.

How would someone else describe you? You should answer in kind to the above answer but try to imagine what someone close to you would say. Or what would you say to yourself if you were a friend. Did you think kinder thoughts about yourself doing this? Remember this technique going forward to help temper the fact that we tend to over judge and criticize ourselves.

**Passions:** What do you love, or used to love, or want to love. This could be a person, or people (i.e. wife or family) a hobby (video games, reading), a place. Anything you are or could be passionate about. Give it a rank between 1-10, 10 being the most passionate.

**Skills:** This is what you can do, or want to be able to do. Write an activity or skillset and give it a rank between 1-10 with 1 being a complete novice, but something that you've started to learn. 10 being an expert or master.

**Feats:** These are traits, abilities, or emotions that have a huge impact on your life. Think of things like "being calm in a stressful situation" or "being impatient". While these things may often fall between the spectrum of our positive or negative sides, we need to accept our strengths and our flaws, and realize how we can turn our flaws into positive attributes. For example, being impatient, not wanting to wait around for others, could cause you to drive people into action. For the reverse, being calm in a stressful situation could make it seem like you're not invested or engaged in a heated conversation.

# CHARACTER SHEET

*DREAM/GOAL:* \_\_\_\_\_

*Level:*

*Name:*

*XP:*

## *CLASS*

FIGHTER \_\_\_\_\_

WIZARD \_\_\_\_\_

RANGER \_\_\_\_\_

DRUID \_\_\_\_\_

BARD \_\_\_\_\_

CLERIC \_\_\_\_\_

ROGUE \_\_\_\_\_

## *DESCRIPTION*

**How would you describe yourself?**

**How would someone else describe you?**

**How would you describe your ideal self?**

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *PASSIONS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *FEATS*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# EXAMPLE CHARACTER SHEET

*DREAM/GOAL:* To be a champion boxer

*Level: 1*

*Name: Rick Martin*

*XP: 50*

## CLASS

FIGHTER	1
WIZARD	2
RANGER	6
DRUID	7
BARD	3
CLERIC	4
ROGUE	5

## DESCRIPTION

### How would you describe yourself?

Creative, determined, and clever. I swing wildly from feeling strong to weak in a single day. I think as a teacher I have patience, and can instruct well, but I have trouble with other communication. I tend to be wrapped up in my own thoughts and have trouble appreciating the moment.

### How would someone else describe you?

Hard to read: intimidating. Cold. Helpful. Funny, but reserved.

### How would you describe your ideal self?

A person that believed that they could handle anything, even failure. Someone who could connect and be warm with others.

## SKILLS (Rank 1-10)

Programming	7
Cooking	2
Boxing	4
Karate	6
Teaching	5
Critical Thought	9
Parenting	9
Determination	9
Discipline	9
Video Games	7
Writing	6
Singing	1
English	7

## SKILLS (Rank 1-10)

Military History	4
Game Design	7
Project Management	4
Ping Pong	3
Dancing	1
Math	5
Philosophy	2
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## PASSIONS (Rank 1-10)

Family	10
Friends	7
Gaming	9
Boxing	10
Making Games	7
Writing	4
_____	_____
_____	_____

## FEATS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# XP

---

Experience Points, also known as XP, are how you are going to track the activities that you do throughout the day that have a positive impact on your life.

We're tracking them to keep ourselves accountable, to reward ourselves, and to just be able to look back and see all the things we accomplish in a day. When your mind is busy with worry, you tend to worry about what bad things MIGHT happen, or what bad things DID happen. We want to try to focus on the GOOD things we do - every day.

---

You get 1 XP per minute of activity that positively impacts your life.  
You gain a level at 1,000XP!

When you gain levels, you should reward yourself. You deserve it! (see the LEVELING UP chapter for more info.) For most activities you get about 1 XP per minute of the task performed. If you feel the task was something especially difficult, give yourself 5 or 10 bonus XP.

You are looking to gain a level every 7-14 days, with every even level taking somewhere around 21 days to achieve. This amounts to about 100 XP a day. If you are getting several hundred XP each day, you may need to adjust the XP you're giving yourself to better fit the challenge of the activity.

What activities you gain XP for is going to vary wildly from person to person.

- ***The activity should challenge you*** or be outside of your comfort zone. You are looking for activities that make us grow.
- Or it could be ***an activity you find challenging to motivate yourself to do*** normally, such as ***chores***.

Again, what's challenging varies from person to person. I might give myself a little extra XP for socializing with friends if I have anxiety about those situations. Playing video games might not ordinarily count for me, but playing Minecraft with my family might.

***Some activities are best awarded per activity rather than per minute spent.*** For example, ***eating healthy for an entire day*** (hitting your caloric intake and nutrient macro goals) might net you 50XP. You only get that 50XP if you succeed though; you don't get points just for having a healthy breakfast. For cooking, you would only reward yourself with the time you're active with it, not just waiting for something to come out of the oven.

I've included an Example XP page.

# XP JOURNAL EXAMPLE

---

Date	Activity	XP	Total XP
Feb 7 2022	Started to Role With the Punches!	50 XP	50 XP
Feb 7 2022	Completed morning section of my RP journal.	5 XP	55 XP
Feb 7 2022	Workout - 30 minutes	30 XP	85 XP
Feb 7 2022	Ate Healthy and Stayed Under Caloric Intake Goal	50 XP	135 XP
Feb 7 2022	Did today's nighttime RP journal entry	5 XP	140 XP
Feb 8 2022	Completed morning section of my RP journal.	5 XP	145 XP
Feb 8 2022	Meditated – 10 minutes	10 XP	155 XP
Feb 8 2022	Workout - 30 minutes	30 XP	185 XP
Feb 8 2022	Cooked dinner for my family	20 XP	205 XP
Feb 8 2022	Played a Tabletop RPG online with friends (wanted to cancel because of my social anxiety.) The session was 3 hours.	30 XP	235 XP
Feb 9 2022	Completed morning section of my RP journal.	5 XP	240 XP
Feb 9 2022	Read two chapters of my "How To Cook Like a Chef" book.	15XP	255 XP
Feb 9 2022	Helped daughter with her homework.	20XP	275 XP
Feb 9 2022	Practiced presentation for work.	15XP	290 XP
Feb 9 2022	Ate Healthy and Stayed Under Caloric Intake Goal	50 XP	340 XP

TO DO:

Every 5 levels.



# Leveling Up

---

You level up at every 1,000 XP! This should take somewhere around **10 days to achieve** if you are really putting in effort.

## What happens when you level up?

- Time to celebrate! **Reward yourself with something.** It should be something that brings you joy. It might be a thing, like a new piece of clothing, or video game. It could be setting time aside for something you love to do – I’m taking an afternoon for myself to take a bath and read a book. You want to be careful about rewarding yourself with things that you are trying to avoid. If you are trying to eat better, make sure a “cheat day” doesn’t turn into a cheat weekend, then a week.
- **Even levels should be a larger reward.** This should be something you can look forward to about once a month. It’s the carrot to dangle in front of yourself to keep up the consistency.
- **Every 5 levels you should plan something big to reward yourself with.** After all, you’ve been keeping at it for about 6 months! What’s something really special you can do for yourself. A trip? A new piece of equipment for your hobby like a new camera, or running shoes?

Note the rewards you plan to give yourself here. Try to come up rewards for all 10 levels – give yourself some tangible things to look forward to.

Level	Type	Reward
1	Minor	
2	Moderate	
3	Minor	
4	Moderate	
5	Major	
6	Moderate	
7	Minor	
8	Moderate	
9	Minor	
10	Major	

# Goal Map

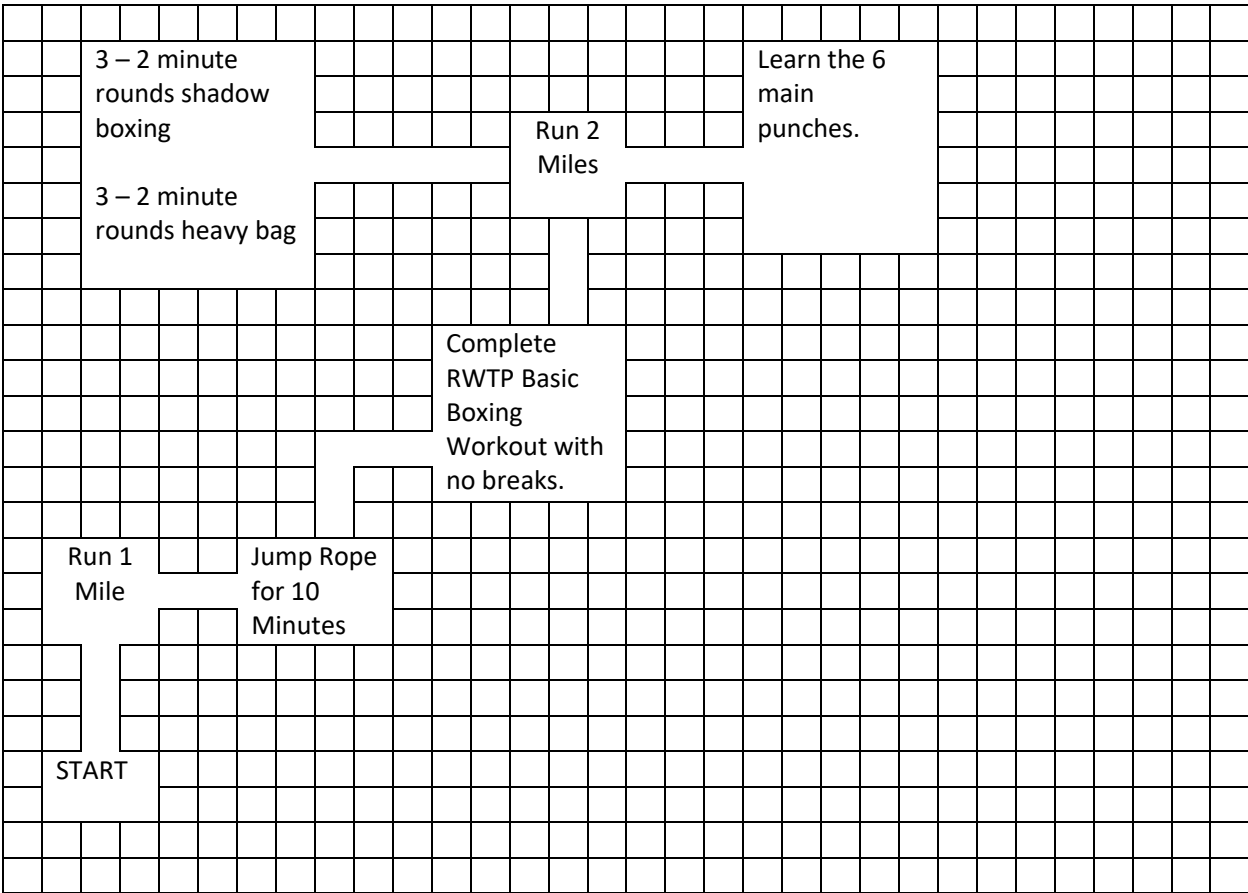
---

In this section we are going to map out our goals – literally. Pick a spot to start, and draw a room labeled start. Now draw additional room and label them, with your goals. Draw hallways and label them with steps that will lead you to those calls. You can draw monsters and traps representing pitfalls, obstacles, things you fear might get in your way of achieving your goals.

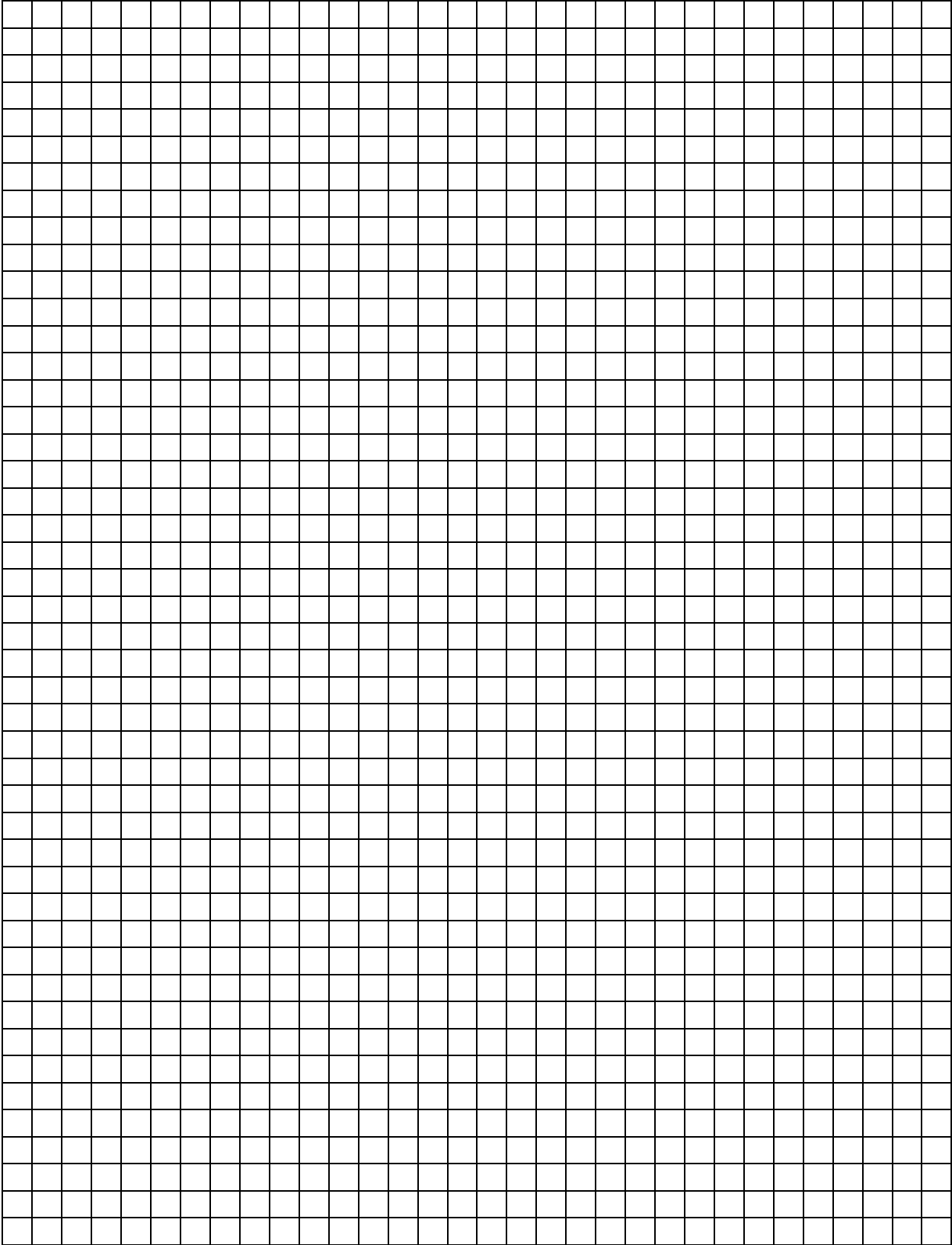
The rooms closer to the start should be short-term, and the ones farther away are long-term goals. I’ve included 4 pages. Each additional page is the next level of the dungeon and will contain goals that are even farther away. You can leave most of them blank but fill out the “final boss room” your ultimate goal. You don’t have to have a step-by-step plan of how to get there today, but as you are making the “boss rooms” of each floor, think about how they might help you get to your ultimate goal.

Here’s an example

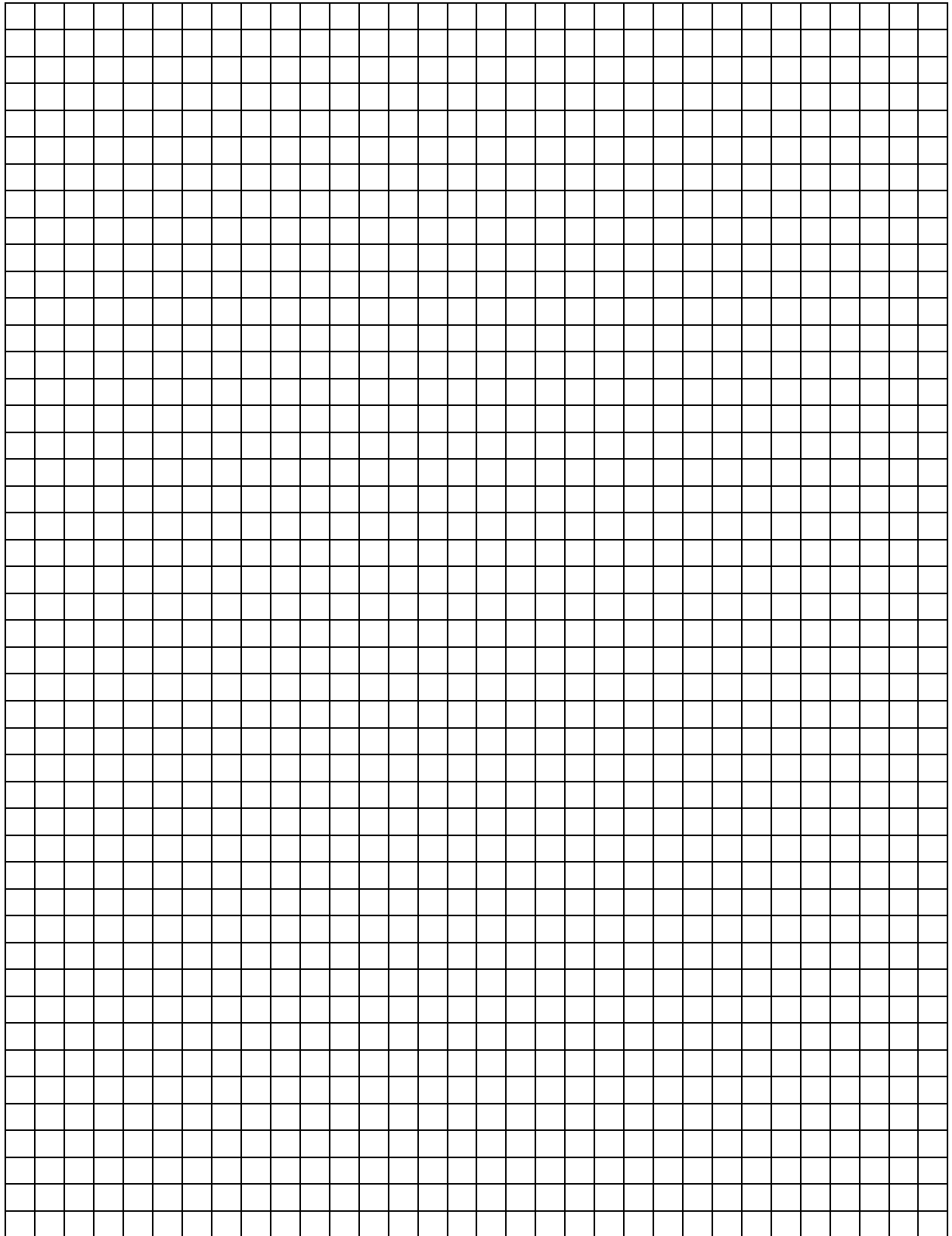
Example Dungeon Floor 1



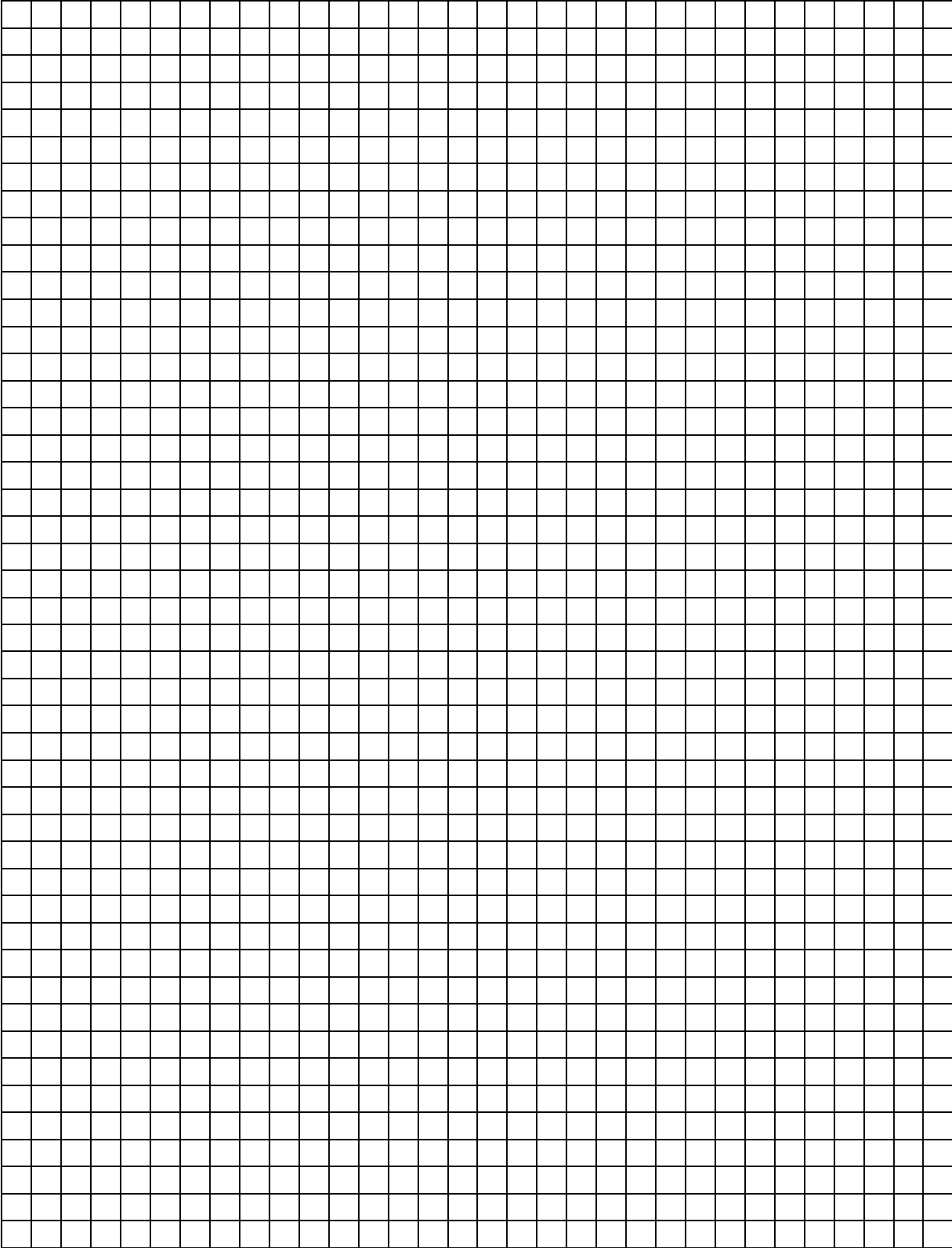
Dungeon Floor 1



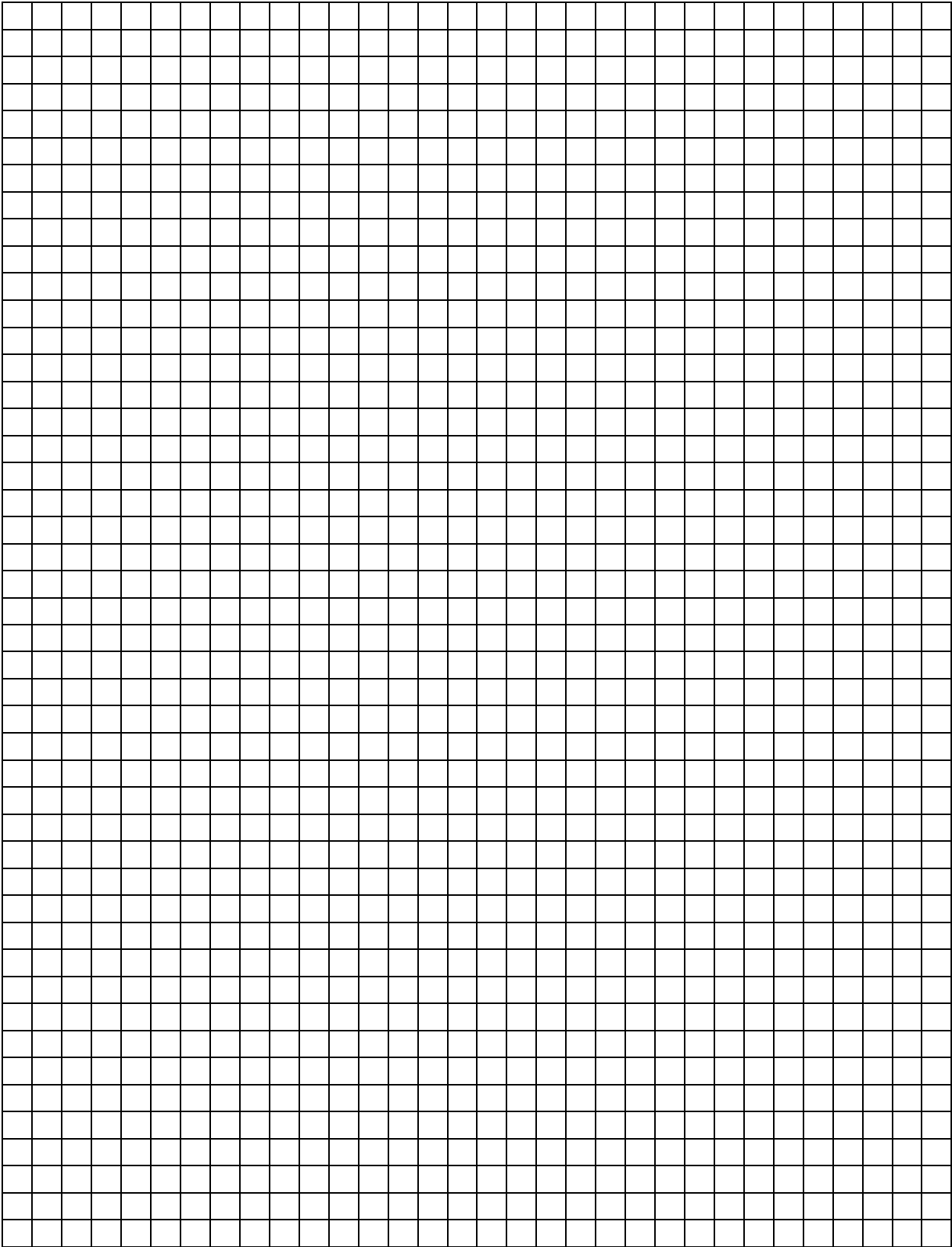
Dungeon Floor 2



Dungeon Floor 3



Dungeon Floor 4



# Role with the Conversation

---

On the following pages is space for you to role play out conversations. You fill in the first speech bubble with you saying something you are apprehensive about. Then you use the other speech bubbles to go back and forth between you and other “characters” having a conversation about the topic.

There are three ways I want to suggest using this section, but as with all other sections, use it as best suits you.

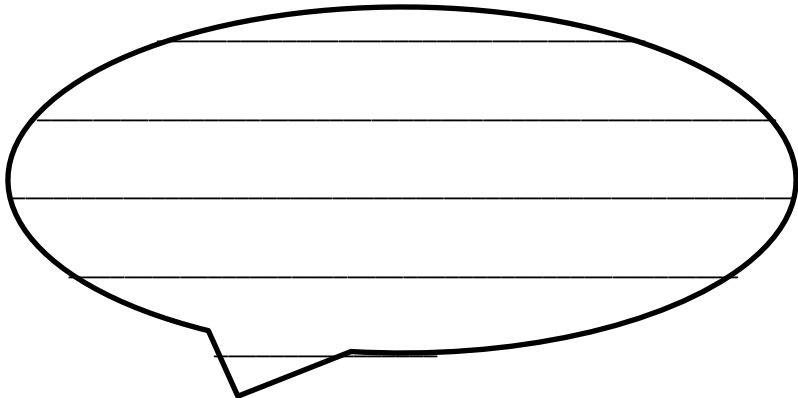
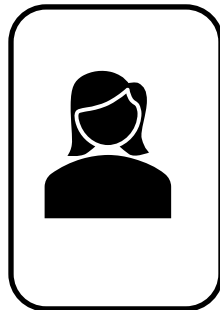
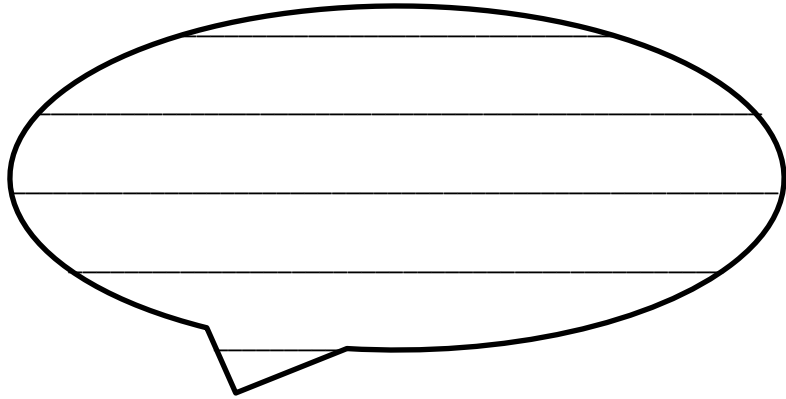
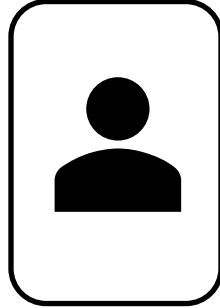
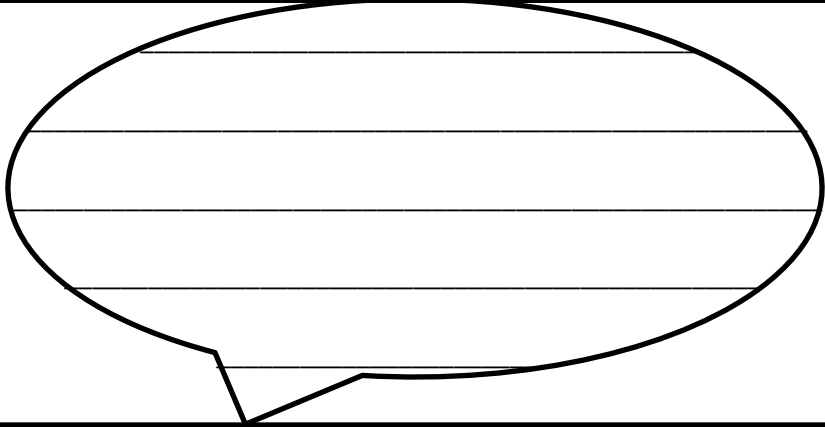
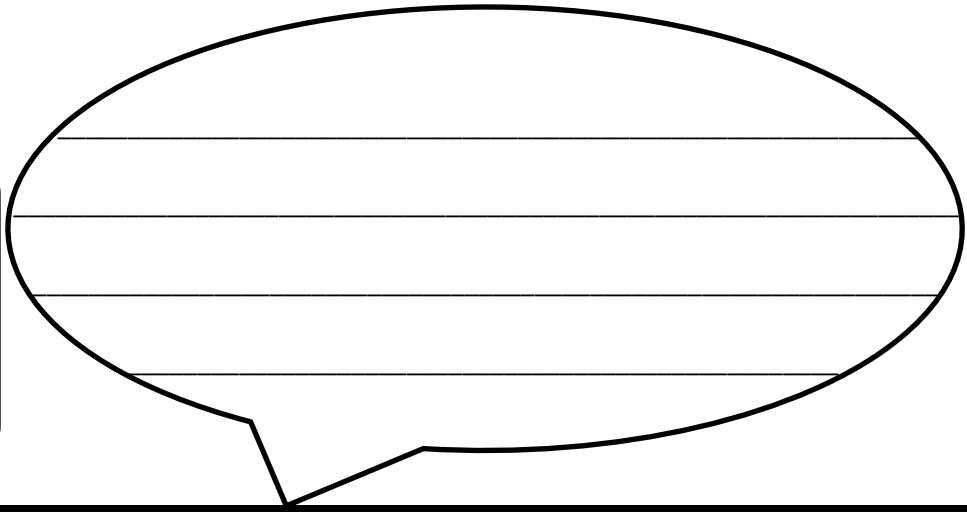
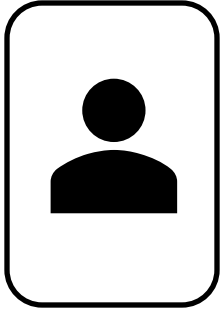
The first use is to imagine a conversation that you are nervous about, or dreading. It could be a job interview, a confrontation or argument, asking someone on a date, etc. You can try to write out how you think the conversation might go, and then once finished - consider if the way you wrote it is reasonable. You can also consider how you would feel, or deal with the conversation if it does go that way. You can also try to write the conversation several times: once from the worst-case scenario, one from the best, and one from what you think is the most likely.

The second way to approach this exercise is to start with a negative thought you are having and then write out a conversation between yourself and writing responses as if you were responding to a friend who came to you with the same concern. Often, we are much harder on and less forgiving of ourselves than we are of others. By shifting our perspective to that of an outside observer we may find it easier to accept ourselves and feel less guilt and anguish.

The final way I’ll suggest using this section is a combination of the last two. We write a thought that we want to examine, and then writing a response from these four different perspectives:

1. The judgmental parent: This perspective judges your thought harshly. It responds with no kindness, or understanding, but rather is full of guilt and shame.
2. The child: This is a visceral and extreme response, like a child throwing a tantrum. It is filled with absolutes like “I hate...” and “I’ll never...”
3. The caring parent/friend: This is a voice of understanding, empathy, and a desire to help.
4. Yourself. Once you have let the other three have their say, it’s time to write what you believe.

By externalizing these difficult thoughts in writing, it can help you gain perspective and view them in a more reasonable manner.





# 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 journal<sup>1</sup>. 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. \_\_\_\_\_

# CHARACTER SHEET

*DREAM/GOAL:* \_\_\_\_\_

*Level:*

*Name:*

*XP:*

## *CLASS*

FIGHTER \_\_\_\_\_

WIZARD \_\_\_\_\_

RANGER \_\_\_\_\_

DRUID \_\_\_\_\_

BARD \_\_\_\_\_

CLERIC \_\_\_\_\_

ROGUE \_\_\_\_\_

## *DESCRIPTION*

**How would you describe yourself?**

**How would someone else describe you?**

**How would you describe your ideal self?**

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *PASSIONS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *FEATS*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# CHARACTER SHEET

*DREAM/GOAL:* \_\_\_\_\_

*Level:*

*Name:*

*XP:*

## *CLASS*

FIGHTER \_\_\_\_\_

WIZARD \_\_\_\_\_

RANGER \_\_\_\_\_

DRUID \_\_\_\_\_

BARD \_\_\_\_\_

CLERIC \_\_\_\_\_

ROGUE \_\_\_\_\_

## *DESCRIPTION*

**How would you describe yourself?**

**How would someone else describe you?**

**How would you describe your ideal self?**

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *PASSIONS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *FEATS*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# CHARACTER SHEET

*DREAM/GOAL:* \_\_\_\_\_

*Level:*

*Name:*

*XP:*

## *CLASS*

FIGHTER \_\_\_\_\_

WIZARD \_\_\_\_\_

RANGER \_\_\_\_\_

DRUID \_\_\_\_\_

BARD \_\_\_\_\_

CLERIC \_\_\_\_\_

ROGUE \_\_\_\_\_

## *DESCRIPTION*

**How would you describe yourself?**

**How would someone else describe you?**

**How would you describe your ideal self?**

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *PASSIONS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *FEATS*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# CHARACTER SHEET

*DREAM/GOAL:* \_\_\_\_\_

*Level:*

*Name:*

*XP:*

## *CLASS*

FIGHTER \_\_\_\_\_

WIZARD \_\_\_\_\_

RANGER \_\_\_\_\_

DRUID \_\_\_\_\_

BARD \_\_\_\_\_

CLERIC \_\_\_\_\_

ROGUE \_\_\_\_\_

## *DESCRIPTION*

**How would you describe yourself?**

**How would someone else describe you?**

**How would you describe your ideal self?**

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *PASSIONS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *FEATS*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# CHARACTER SHEET

---

*DREAM/GOAL:* \_\_\_\_\_

*Level:*

*Name:*

*XP:*

## *CLASS*

FIGHTER \_\_\_\_\_

WIZARD \_\_\_\_\_

RANGER \_\_\_\_\_

DRUID \_\_\_\_\_

BARD \_\_\_\_\_

CLERIC \_\_\_\_\_

ROGUE \_\_\_\_\_

## *DESCRIPTION*

**How would you describe yourself?**

**How would someone else describe you?**

**How would you describe your ideal self?**

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *SKILLS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *PASSIONS (Rank 1-10)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *FEATS*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# XP JOURNAL

Date	Activity	XP	Total XP
	Started to Role With the Punches!	50 XP	50 XP











