

ROLE WITH THE PUNCHES

XP 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.

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	

