"A year from now you may wish you had started today." --
Karen Lamb

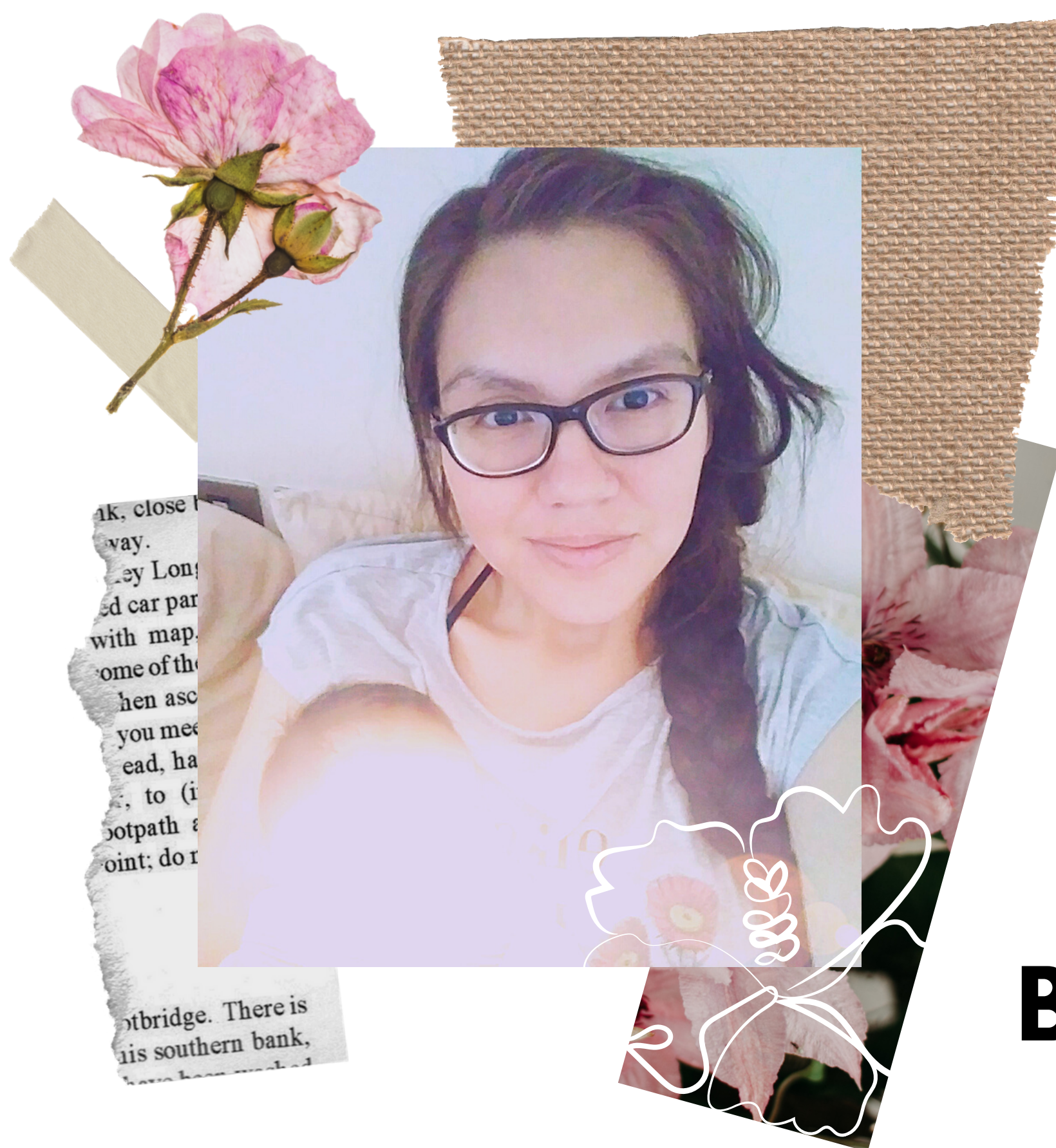# 3-Day Journal

by Jenny Pena

"It does not matter how slowly you go as long as you do not stop." --Confucius

Welcome to your 3-Day Journal
by Jenny Pena

Hello Beautiful Soul!

My name is Jenny Pena and I am super happy you found this journal! I am all about motivating women to improve their lifestyle one baby step at a time. Small steps are progress, and progress no matter how fast or slow can make a HUGE difference for your life.

The point of this journal is to help you start your day off on the right foot: to even want to open your eyes, become aware of your own emotions and thoughts, and reframe! Get back to feeling like yourself, a better self, one morning at a time.

How to use this journal

Remember, this is YOUR journal, I am only here to give you a starting point and a daily nudge to help you get going. Make it your own, adjust to what inspires you, what you need to express and release. Find a journal you love in order to complete the process and begin!

1. As soon as you open your eyes, think about 3 things you are grateful for. Take a few deep breaths and pray.

2. Do you remember what you dreamt last night? Jot down anything you remember and what meanings it may have.

3. Answer the daily questions.
Fit in a 15-30 minute stretch or workout.

"Someday is not a day of the week."
--Denise Brennan-Nelson

Day 1

How are you feeling today? Why?

What were the first thoughts that came
to your mind as you woke up today?

If any of those were negative thoughts/feelings, what
thoughts or words can you replace them with instead?

Pick 1-3 quotes, bible verses, or
mantra to bring you back to
positivity throughout the day.

DAILY TIP:
Drink plenty of
water, set an alarm
for every hour if you
need the reminder!
Add Lemon Vitality
essential oil for
the extra boost.

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Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
Matthew 6:33

Day 2

How was your morning yesterday after journaling? What can you do today to make it better?

What is 1 small thing you can do for yourself today to have the best day?

Write down 3 things you are grateful for and why.

Have you reached out to loved ones recently? Make a note of who you want to reconnect with.

DAILY TIP:
Setup your diffusers in every room.

Diffuser Recipe:
5 drops Lavender
5 drops Peppermint
5 drops Lemon

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"It's time to start living the life you've imagined "
--Henry James

Day 3

How are you feeling emotionally and connect with how your body is feeling too.

List 3 phrases you say often to yourself that are negative, and rewrite them to be positive. For example, "I am not a morning person"-- "I am working to start my mornings right.

Write as if you were venting to a friend about a situation, problem, or anything on your mind you haven't released.

Make a list of things you love to do, commit to doing at least 1 of those things today.

DAILY TIP:

Choose 3 oils, one at a time put 1 drop in your palm, rub your hands toogether and inhale. 3 times.

Keep your 3-Day Journal going, rinse & repeat!

Do the things that make you feel like yourself again, to be the best version of you. Do it for yourself and to shine your light in this world.

Where to find me?
Follow me on socials!

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I am here for you, you are never alone!

Many blessings, Jenny Pena