



# Holistic Services Group

## Confidence & Optimism 3 Good Things a Day Journal



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Holistic Services Group  
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# Did you know that resiliency and optimism are simply a set of skills that can be learned by anyone?

Choosing to focus on positive thoughts and actions, what is right rather than wrong, has been proven to BOOST your mood and your confidence.

We are going to begin today by committing to this fun and inspiring two week challenge.

All you have to do is...

1. Print out this journal and/or find a notebook you can record moments in for the next two weeks.
2. Next, record EVERYDAY for the next two weeks, 3 good things or extraordinary moments that happen in your day. I would recommend scheduling in time to do this the same time everyday e.g. before you leave the office or just before bed, this way you wont forget.
3. Then, write what is it about these things that make you feel good

Your things don't have to be massive achievements, something as simple as finishing a work project on time or having someone provide you with a compliment or even a smile. We are aiming to get you to acknowledge all the good things in your day. As I mentioned, we have a habit of focusing on what is not right, or not in our control, and this exercise is going to create a new, positive habit and neutral pathways for you to all the good stuff.

A recent study of this exercise showed that over a 2 week period 60% of participants who were all clinically depressed showed improvements in their mood elevation... so why not start feeling great and boost your mood today.



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# Day One

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

I choose only positive thoughts today.



# Day Two

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

My future is filled with love, joy and peace.



# Day Three

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

I follow my truth and my heart in everything I do.



# Day Four

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

I am inspired daily by the truth



# Day Five

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

I honour my commitments to me.



# Day Six

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

I feel clarity within me, and around me today.



# Day Seven

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

Who I am is enough.



# Day Eight

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

Confidence and energy fills my life.



# Day Nine

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

I honour my feelings, what I feel is not who I am.



# Day Ten

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

I move in harmony with the universe.



# Day Eleven

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

In my centre I am always still and at peace.



# Day Twelve

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

My life is blessed and I am so grateful.



# Day Thirteen

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

I am free to experience joy in every moment.



# Day Fourteen

Good thing No.1

What about this event feels good?

Good thing No.2

What about this event feels good?

Good thing No.3

What about this event feels good?

I unconditionally accept all parts of myself.



# CONGRATULATIONS

You made it ...

How are you feeling?

Was it easy to focus on the good things in your day?

Don't stop here though ...

**Contact us today** to tell us how you went and discover how you can to experience even more confidence at work and in your life ... you may even want to try something else exciting like a 100 Gratitude's ... or 100 Bucket List???





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