

# thiswayup

FIND YOUR CALM:  
MINDFULNESS JOURNALING  
TOOLS



Workbook



# TOOLS FOR THINKING DIFFERENTLY

Sometimes it's not what happens to us but how we think about what happens that shapes our wellbeing. Science shows that our brains are wired to notice problems more than positives — a survival mechanism that once kept us safe but can now leave us stuck in stress and self-doubt.

So, let's shift that balance by learning how to reframe worries, practice gratitude in a way that rewires the brain, and highlight your own strengths with clarity. On the pages that follow, we want to do just that.

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## Why does changing our thinking make a difference?

**Cognitive Reframing** helps you challenge unhelpful thoughts and replace them with more balanced perspectives.

**Gratitude Practice** strengthens emotional well-being and resilience and can activate 'feel good' neurotransmitters.

**Strength Spotting** helps you see yourself through a lens of capability, not deficiency — building confidence through evidence from your own life.

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Use the tools that follow as often as you like. On stressful days, turn to them for structure. On good days, use them to capture the positives to encourage your brain to focus on the high points. More regular practice helps rewire your brain. Over time, these practices create new thought patterns — a mental toolkit you'll carry with you far beyond these pages.

# Today I felt most energized when...

Notice what lights you up and gives you momentum.

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## WHY THIS MATTERS:

Research shows energy is a clue to alignment — when you feel energized, you're usually acting in line with your strengths and values.



*How can I invite more of this energy into tomorrow?*

# One thing I want to let go of this week is...

Release what's heavy or unhelpful.

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## WHY THIS MATTERS:

Letting go creates mental space. Studies on stress relief show that reframing or “offloading” worries reduces their emotional impact.



*What could I gain if I truly let this go?*

# The small moment I'm most grateful for today was...

Pay attention to everyday gifts, not just big wins. List as many as you like.

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## WHY THIS MATTERS:

Gratitude activates areas of the brain linked to joy and resilience. Even small moments, when noticed, have outsized impact on mood.



*How can I express or act on this gratitude?*

# The challenge I faced today taught me...

Look for the lesson hidden inside the difficulty.

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## WHY THIS MATTERS:

Reframing challenges builds resilience by shifting focus from threat to growth — a proven buffer against stress.



*What strength did I use to face this challenge?*

# The emotion that showed up most strongly was... It was trying to tell me...

Emotions are messengers — listen to their signal.

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## WHY THIS MATTERS:

Emotional awareness is a foundation of emotional intelligence.  
Naming emotions reduces their intensity and increases clarity.



*What action, if any, do I want to take in response?*

# This week, I showed strength by...

Recognize and name your wins, however small.

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## WHY THIS MATTERS:

Strength-spotting builds confidence. Research shows that noticing strengths increases engagement and self-esteem.



*How can I build on this strength next week?*



# A moment of kindness I noticed (in myself or others) was...

Catch kindness in action and let it ripple forward.

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## WHY THIS MATTERS:

Acts of kindness, whether given or received, trigger oxytocin release — linked to stronger connections and lower stress.



*What's one small act of kindness I can offer tomorrow?*

# One thing I'd like to focus on today or tomorrow is...

Set a gentle anchor for your day.

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## WHY THIS MATTERS:

Research on attention shows that naming an intention increases follow-through and reduces decision fatigue.



*What's one small step I can take toward this focus?*

