



MORNING JOURNAL PROMPTS

RESULTS COME FROM WHAT YOU DO
EVERY DAY - SO SET YOURSELF UP FOR
THE RESULTS YOU WANT TO SEE



THE
AUTOIMMUNE COLLECTIVE

A background image of purple crystals, possibly amethyst, with some light reflecting off their facets. The crystals are arranged in a way that creates a sense of depth and texture.

Good morning autoimmune warrior!

You ever start something - all motivated and excited - and then something else takes your attention and the next thing you know, that thing you started seems like a distant memory?

One of the BEST ways to prevent this from happening, and to keep motivation high during an effort like AIP, or even to just continue living a healthy life, is to get your intentions straight in the morning. When you've got them front of mind it's a lot harder to just forget them.

Results come from the things you do consistently, not just occasionally.

So part of these journal prompts help to remind yourself of what you're trying to achieve. Fresh motivation, every day.

Furthermore, a lot of the work we do here in the Autoimmune Collective is to uncover negative thoughts and thought patterns. Many of these thoughts tend to crop up first thing in the morning when we're faced with all the stress of the day ahead of us.

So the other part of these journal prompts will help you uncover and gain awareness of any negative thoughts and feelings you might be having and will help you reframe them into more positive thought patterns that will serve you much better.

Together these prompts will set you up for an inspired day, focused on what you want - not what you don't have. Used consistently, you'll be amazed at how much easier it is to get to where you want to be!



DIRECTIONS

Because I know you're busy, these prompts won't take a long time. You can tack this on to a meditation or hypnosis if you have the time, but they aren't necessary to make the most of the time with this journal.

I suggest you use a notebook or a special journal you've dedicated just to this practice. I've also left a bit of space after the prompts in case you just wanted to print these sheets out and write on them instead. You could type the answers out, however, you just don't connect to your words the same when you type them as you do when you write them. Plus the science says you connect more deeply to your own handwriting, which is pretty cool!

Set a calendar reminder or set your journal in a prominent place that will remind you to fill it out each morning.

And then simply sit down, take 3 deep breaths, and write!

A note on reframing: If you aren't familiar with this, it's simply the art of taking one thought and changing it into another. We use it to change negative thoughts into more positive ones that help get you out of negative thought patterns.

For example, the thought "This autoimmune disease is the worst thing to ever happen to me" can be reframed into "This autoimmune disease isn't what I had asked for, but there may be some positives to this like I'll now eat healthier and maybe even avoid other chronic diseases that others get when they eat junk food their whole lives".

Another example could be "I'm so fat" can get changed into "I'm not at the weight I wish to be at the moment, but I'm working on changing that".

See how these take a completely negative, almost defeated thought and change it into something more positive and productive?

They're both thoughts about the same thing, one simply has a different view of the same situation. It takes practice, but consistently trying it with these journal prompts will make you an expert in no time!

A decorative background of purple, faceted crystals or gemstones, possibly amethyst, is visible at the top and sides of the page. The crystals are translucent and have various facets, creating a shimmering effect.

JOURNAL PROMPTS

How do you feel this morning? Be honest. Why do you think you're feeling this way?

Are you having any negative or disempowering thoughts? If so, what are they?

If you answered yes to the last question, can you reframe these thoughts into different, more positive thoughts? Or think completely different thoughts instead? *e.g. Instead of thinking "You're so stupid" think "You're amazing"*

What are 3 things you're grateful for this morning? Take a minute to FEEL the gratitude for these.

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JOURNAL PROMPTS

What is the one big thing you want to concentrate on doing or thinking today? Is there anything you're scared, nervous, or feeling blocked about doing that?

How do you want to feel at the end of the day when you think back about what you've done?

Write a note to yourself from your future self who is already living the life you want. What would you say to you today?

What affirmation(s) do you want to repeat to yourself today?



That's it! Now go have a magical day

I highly recommend doing these journal prompts each morning for at least 30 days.

You'll be amazed at how much easier it is to stay motivated!

xo, Michele

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