

COACH KENJI CPCC, PCC

A ONE WORD DAILY PERSPECTIVE SHIFT

Change Your Outlook, Change Your Life: This worksheet is not about finding a solution it's about gaining a new perspective, and creating an action or step towards that new perspective. The overall goal is to focus on the ideas, thoughts, or beliefs that propels your *forward* – so the idea is to play with perspectives and find out which one feels “juicy!” For a more in-depth dive I recommend the “5 Minute Journal” where this is borrowed from.

Dr. Rick Hanson, PHD, says that, “At first glance, you may be tempted to underestimate the power of these seemingly simple practices (gratitude and daily affirmations). But they will gradually change your brain through what's called *experience-dependent neuroplasticity*” (literally and physically). While maybe not their invention some of the gist of this was drawn from “The 5-Minute Journal.”

Morning – one word ...

- What things am I grateful for today?
- What would make today a better day?
- Who am I being that makes my life great?

Night – one word

- Who am I grateful for?
- What simple amazing things happened? (think normal but great) Your family? Hot running water? Good health? Good bed?
- What is one thing I could have done to make an “even better” day? (be gentle and nice!)

DAY & DATE							
<i>Grateful/Amazing thing in life</i>							
<i>What would make today a better day?</i>							
<i>Who am I being that makes my life great?</i>							
<i>Who am I grateful for?</i>							
<i>What simple thing was amazing today?</i>							
<i>How could today have been even better?</i>							