



“FREEDOM... ONE HABIT AT A TIME”

[www.habitsforwellbeing.com](http://www.habitsforwellbeing.com)

# Habits for Wellbeing Journal

*A journal to inspire and empower you to  
“Find the Courage... Be with this Moment”.*



“Your task is not to seek for love, but merely to seek  
and find all the barriers within yourself that you have  
built against it.”  
– A Course in Miracles



Welcome!

## Welcome to the Habits for Wellbeing Journal!

Hi - thanks so much for taking the time to download the Habits for Wellbeing journal. I really appreciate it!

Habits for Wellbeing is about inspiring and empowering YOU to “Freedom... One Habit at a Time.” With this in mind, one of the things I noticed over the years in relation to my journey of well-being is how much information is available to us. Now don’t get me wrong, some of this information is useful, however what I realised was quite often I had to unlearn or let go of my misperceptions about different areas of my life in order to make space for the truth of who or what we are.

It reminds me of the Zen Story – A Cup of Tea. This story can be found in the book entitled [Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings](#).

“Nan-in, a Japanese master during the Meiji era (1868-1912), received a university professor who came to inquire about Zen.

Nan-in served tea. He poured his visitor’s cup full, and then kept on pouring.

The professor watched the overflow until he no longer could restrain himself. “It is overfull. No more will go in!”

“Like this cup,” Nan-in said, “you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?””

This is one of the reasons, why I have chosen to share this journal with you and remind you “[Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.](#)”

As there are a variety of ways to journal, inside this journal you will find some ideas for journalling as well as blank spaces to write down your reflections about life and notice any patterns in your thinking and behaviour. Also remember, if you feel inclined, take some time out to reflect on your writings. Above all, in-joy this time with yourself!

To your well-being and with enormous gratitude,  
Jane xx

P.S. Remember to seek professional help if you are experiencing difficulties around your mental health and well-being.

# JOURNALLING IDEAS...

Following are examples of questions you can reflect on in your journal -

1. What did I learn about or was reminded about myself today?
2. What did I learn about or was reminded about others today?
3. Did I have any expectations about today? What happened in relation to those expectations? Were they met or not?
4. What can I do differently if I had today over again?
5. What or who am I grateful for today?
6. What or who surprised me today?
7. What or who inspired me today?
8. How did I nurture my health and wellbeing today?
9. What can I let-go of or let-be now?
10. What can I do more of or less of after today?
11. Who can I ask for support in my life? How can I ask these people for help if I needed to?
12. Who is the most inspirational person I know? What is it that inspires me about them?
13. Where do I feel most comfortable in my life?
14. If I chose to change something in my life, what would that be? Am I willing to make that change? If so, what 2 steps could I take now?
15. What strengths do I have? How do these strengths support me in my life each day?



# INSPIRATIONAL QUOTES...

Following are some quotes you could reflect on in your journal -

1. "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." ~ Anaïs Nin
2. "A quiet mind is all you need. All else will happen rightly, once your mind is quiet. As the sun on rising makes the world active, so does self-awareness affect changes in the mind. In the light of calm and steady self-awareness inner energies wake up and work miracles without effort on your part." ~ Sri Nisargatatta Maharaj
3. "Life shrinks or expands in proportion to one's courage." ~ Anaïs Nin
4. "You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection." ~ Buddha
5. "If your compassion does not include yourself, it is incomplete." ~ Jack Kornfield
6. "We don't see things as they are, we see things as we are." ~ Anaïs Nin
7. "Past and future are in the mind only – I am now." ~ Sri Nisargatatta Maharaj
8. "If you don't love yourself, you cannot love others. You will not be able to love others. If you have no compassion for yourself then you are not able of developing compassion for others." ~ Dalai Lama
9. "Truth is something which can't be told in a few words. Those who simplify the universe only reduce the expansion of its meaning." ~ Anaïs Nin
10. "It's not your job to like me – it's mine." ~ Byron Katie
11. "To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting." ~ E. E. Cummings
12. "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." ~ Ralph Waldo Emerson
13. "Accept everything about yourself – I mean everything. You are you and that is the beginning and the end – no apologies, no regrets." ~ Clark Moustakas
14. "There is nothing to practice. To know yourself, be yourself. To be yourself, stop imagining yourself to be this or that. Just be. Let your true nature emerge. Don't disturb your mind with seeking." ~ Sri Nisargatatta Maharaja

# POEMS TO JOURNAL TO...

Following are three poems you could reflect on in your journal -

## DO IT ANYWAY

“People are often unreasonable, illogical,  
And self-centered;  
Forgive them anyway.

If you are kind, people may accuse you  
Of selfish, ulterior motives;  
Be kind anyway.

If you are successful, you will win some  
False friends and some true enemies;  
Succeed anyway.

If you are honest and frank  
People may cheat you;  
Be honest and frank anyway.

What you spend years building,  
someone could destroy overnight;  
Build anyway.

If you find serenity and happiness,  
they may be jealous;  
Be happy anyway.

The good you do today,  
people will often forget tomorrow;  
Do good anyway.

Give the world the best you have,  
and it may never be enough;  
Give the world the best you've got anyway.

You see, in the final analysis  
it is between you and God. It was never between you and them anyway”.  
- Mother Theresa



## **BE THANKFUL**

“Be thankful that you don’t already have everything you desire,  
If you did, what would there be to look forward to?

Be thankful when you don’t know something  
For it gives you the opportunity to learn.

Be thankful for the difficult times.  
During those times you grow.

Be thankful for your limitations  
Because they give you opportunities for improvement.

Be thankful for each new challenge  
Because it will build your strength and character.

Be thankful for your mistakes  
They will teach you valuable lessons.

Be thankful when you’re tired and weary  
Because it means you’ve made a difference.

It is easy to be thankful for the good things.  
A life of rich fulfillment comes to those who are  
also thankful for the setbacks.

GRATITUDE can turn a negative into a positive.  
Find a way to be thankful for your troubles  
and they can become your blessings”.

Author Unknown

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## **ONLY BREATH**

“Not Christian or Jew or Muslim, not Hindu, Buddhist, sufi, or zen. Not any religion or cultural system. I am not from the East or the West, not out of the ocean or up from the ground, not natural or ethereal, not composed of elements at all. I do not exist, am not an entity in this world or in the next, did not descend from Adam and Eve or any origin story. My place is placeless, a trace of the traceless. Neither body or soul. I belong to the beloved, have seen the two worlds as one and that one call to and know, first, last, outer, inner, only that breath breathing human being”.

From: Essential Rumi by Coleman Barks.

Date - \_\_\_\_\_

Date - \_\_\_\_\_



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Date - \_\_\_\_\_

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“When I let go of what I am, I become what I might be.”  
– Lao Tzu

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“Nature does not hurry, yet everything is accomplished.”  
– Lao Tzu

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**“At the center of your being you have the answer; you know who you are and you know what you want.”**  
– Lao Tzu

Date - \_\_\_\_\_



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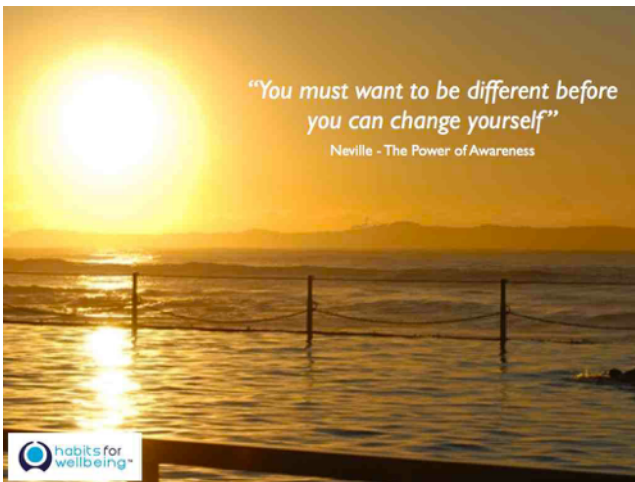
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“I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.”  
– Lao Tzu

# JOIN THE COMMUNITY...

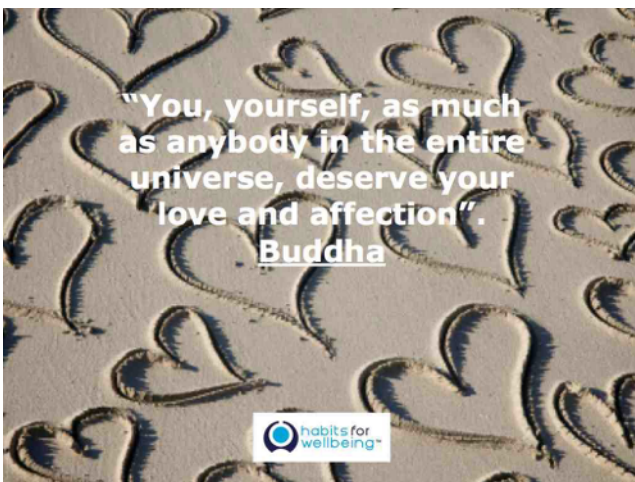
Thanks so much for taking the time to work through this journal. I hope it has supported you in your journey to wellbeing. Please feel free to share our website <http://www.habitsforwellbeing.com/> with your friends and family and come and join in the community on facebook <https://www.facebook.com/HabitsforWellbeing>



*"You must want to be different before  
you can change yourself"*  
Neville - The Power of Awareness



"It is better to  
conquer yourself than  
to win a thousand  
battles. Then the  
victory is yours. It  
cannot be taken from  
you, not by angels or  
by demons, heaven  
or hell".  
**Buddha**



**"You, yourself, as much  
as anybody in the entire  
universe, deserve your  
love and affection".**  
**Buddha**



"Peace comes from  
within. Do not seek  
it without".  
**Buddha**

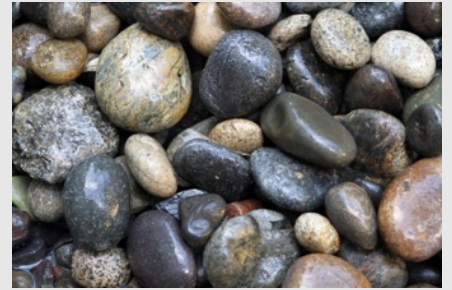
## FEEDBACK?

Do you have any feedback on the journal? If so, please let me know on [support@habitsforwellbeing.com](mailto:support@habitsforwellbeing.com)

Thanks so much for your support, Jane xx



“If you want to awaken all of humanity, then awaken all of yourself, if you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself. Truly, the greatest gift you have to give is that of your own self-transformation.”  
- Lao Tzu



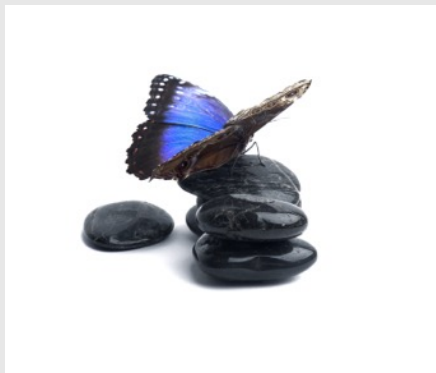
“You can only lose something that you have, but you cannot lose something that you are.”  
- Eckhart Tolle

**THANK YOU!**

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“It is always the false that makes you suffer, the false desires and fears, the false values and ideas, the false relationships between people. Abandon the false and you are free of pain; truth makes happy, truth liberates.”

- Sri Nisargatatta Maharaj



“Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”  
- Steve Jobs

