Heart Journal

AN EVENING JOURNAL ROUTINE FOR PURPOSE & MEANING

with Mayo Clinic Trained & Board Certified
Berta Lippert NBC-HWC, MEHS, CPPP

Instructions:

Watch my YouTube video <u>here</u> for a full explanation of how to use this journal. Here's a link to the video if you received a paper copy of this journal: https://youtu.be/zvMTjhM7LmI

At the end of each day, spend some time reflecting on the positive and meaningful events that took place. These moments can easily be lost if we don't take the time to recall them. It's far too easy to remember any negative events that may have occurred, and keep those on repeat. That of course, doesn't serve us.

Science shows the power of savoring, a tool I use in the field of positive psychology. We can cultivate positive emotions which do indeed serve us, by recalling, in detail, the positive and meaningful events from our day and savoring those moments.

Capture those events in this 30 day journal to have a collection of positive and meaningful memories you can revisit any time you wish. Feel free to modify &/or add to the prompts as well.

I wish you many positive memories full of purpose and meaning.

-love, b

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Date _____

WHAT SURPRISED YOU TODAY?

WHAT MOVED YOU TODAY?

WHAT INSPIRED YOU TODAY?

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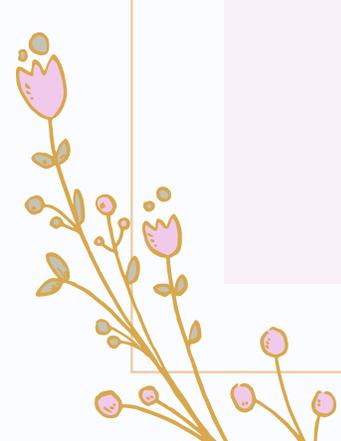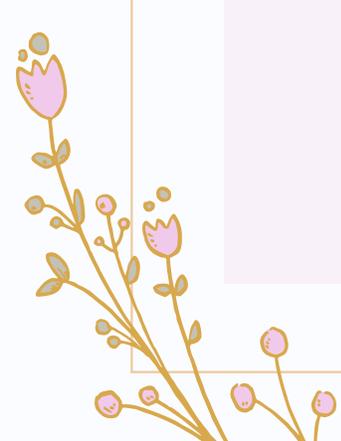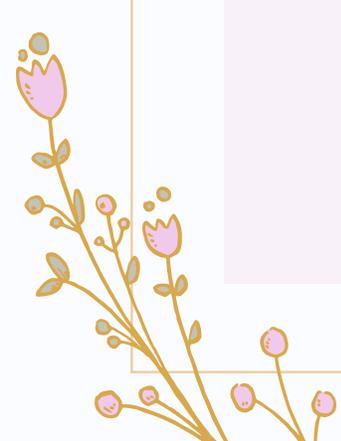
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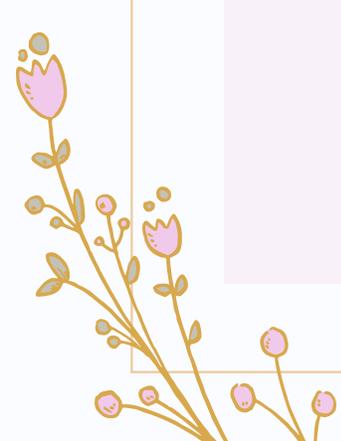
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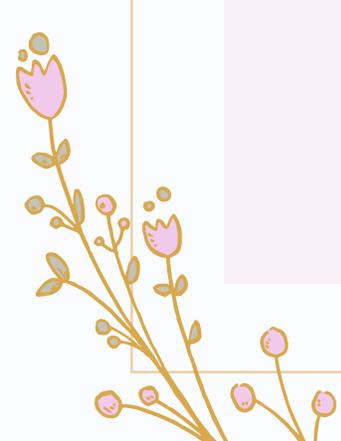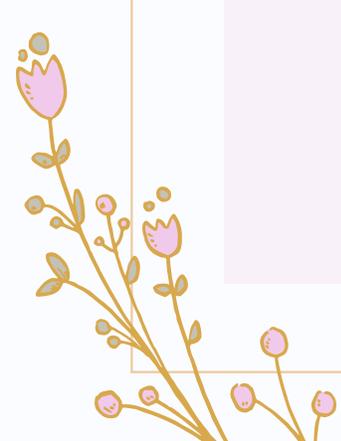
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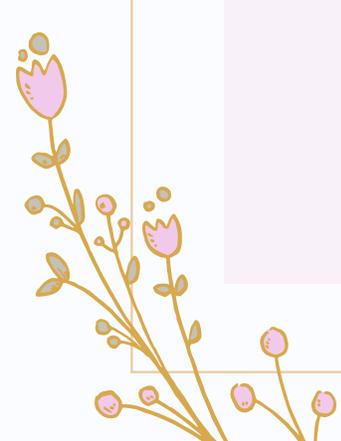
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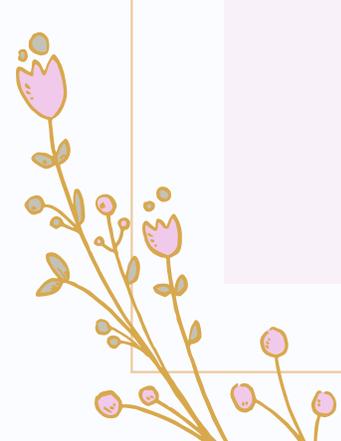
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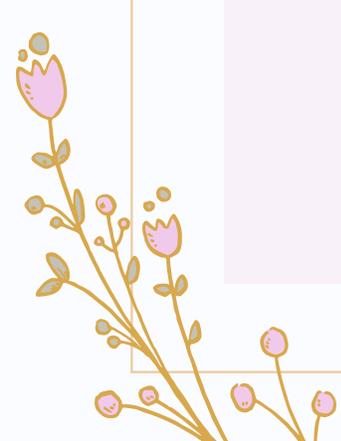
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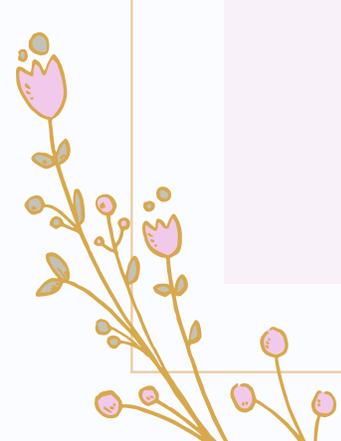
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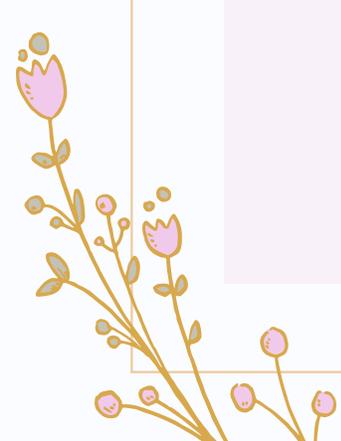
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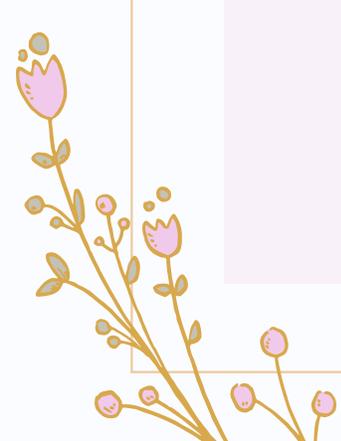
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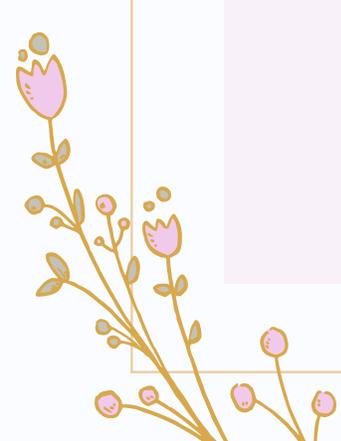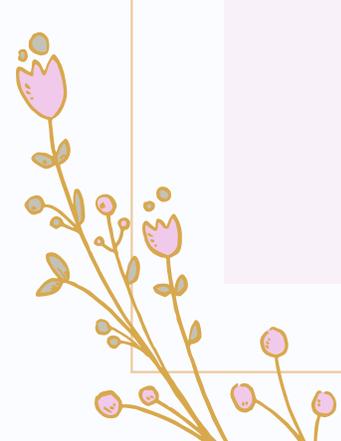
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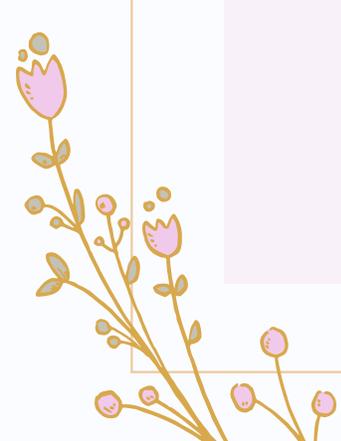
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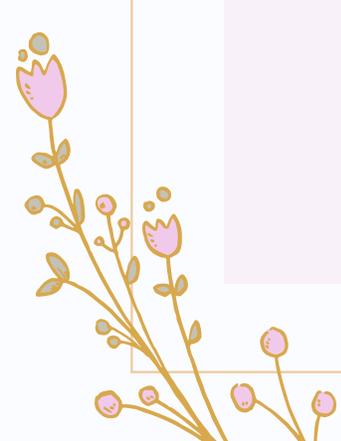
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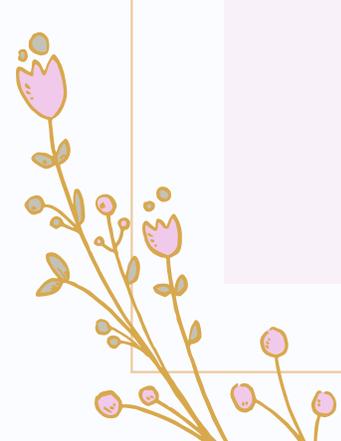
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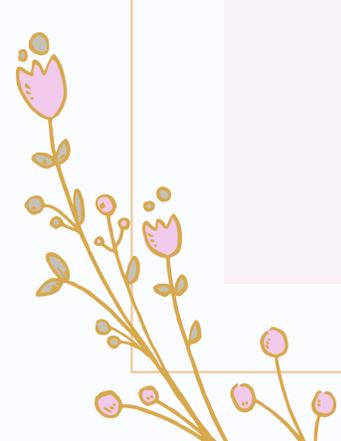
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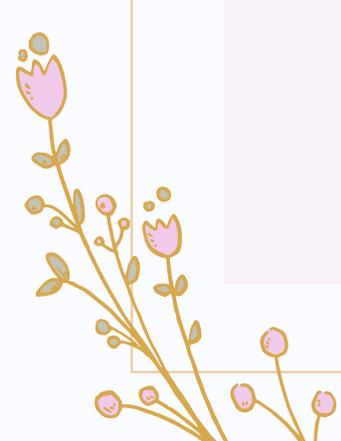
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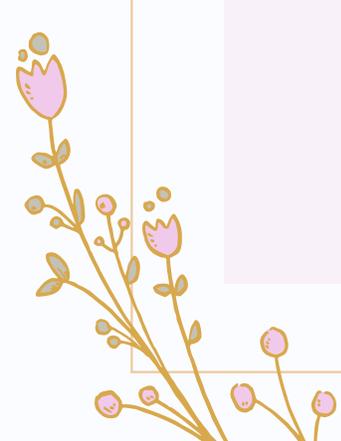
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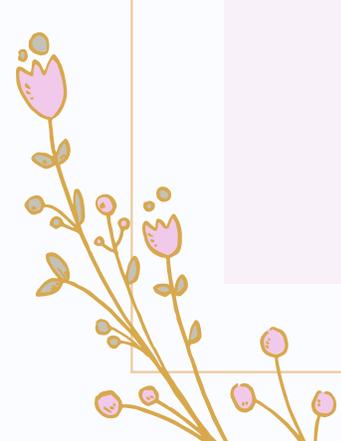
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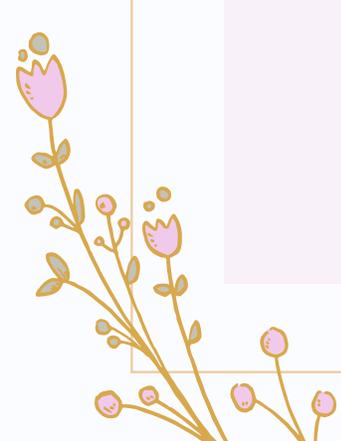
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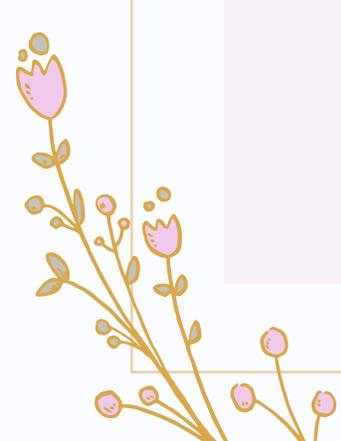
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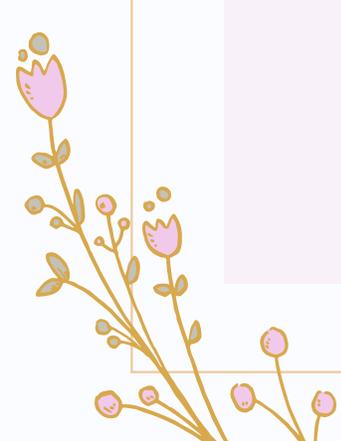
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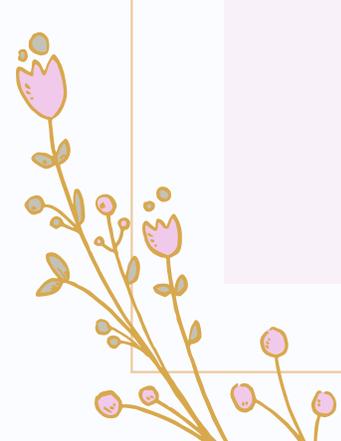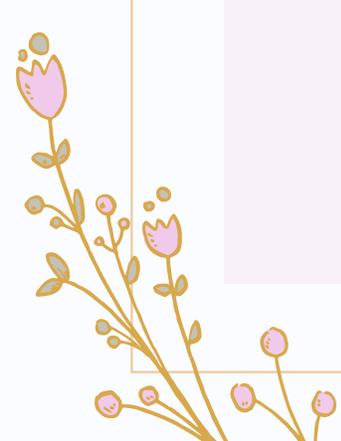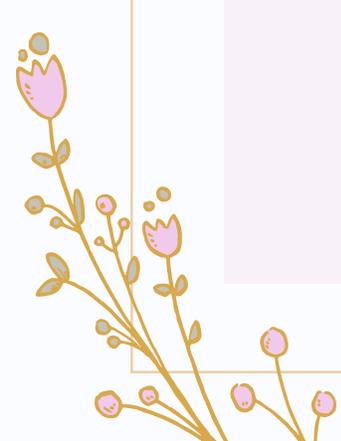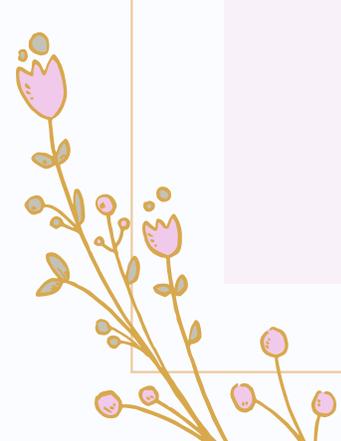
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Berta Lippert is a distinguished speaker and trainer of 30 years, and a Mayo Clinic trained and Board Certified Health & Wellness Coach. She is also a Certified Positive Psychology Practitioner, and has developed and delivered training and inspirational talks to over 30,000 people across the U.S., Europe, Asia and the Middle East. Berta is also a regular morning show contributor, and social media personality helping people live happy, healthy lives, full of purpose and meaning. In 2013, Berta created Destination Angel, a community of thousands from around the world making a positive difference in lives of others.

Berta Lippert

To learn more about Berta, and Destination Angel, check out her website at bertalippert.com

This journal was inspired by Dr. Rachel Remen's Heart Journal exercise which is an in depth review of your day backwards with breathing exercises that precede the review.
You can find Dr. Remen's exercise here ---> rachelremen.com