

David Essel's

Daily Morning Journal Program

1) After relaxing with your coffee, tea or juice, make a list of a few things that you did the day before that you're very proud of. For example, maybe you completed your exercise program, or chose healthy foods or gave someone a compliment or even stayed late at work to complete a project. The idea here is to congratulate yourself for the 1,2,3 or maybe even 10 things that you did well. Complete this now and every day in the morning.

2) Now, below, list a few things that you did that you would like to change, correct, or do better today. For example maybe you didn't show the patience that you needed to with your children or coworker, or failed to complete your daily exercise program, or maybe you mentally berated yourself throughout the day for a mistake you made the week before. The purpose of this exercise is to put on paper those challenges that we are facing, that we would like to correct. When challenges are put on paper they become our reality, which means we are back in control. **You can then do things differently today, to get a different desired outcome.**

“David Essel is the New Leader of the “Positive Thinking Movement“, I loved having him on my show, he opened up our eyes about the truth that’s behind the reality of success!”

Jenny McCarthy, Radio Show Host, Actress, Author, TV Host

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