

POM Quick-Start: Success Journal

Why?

A study based on the work of Dr. Martin Seligman showed that of the participants who wrote down 3 successes a day for 2 weeks:

- 92% reported feeling happier within 15 days
- Participants found that these results lasted at least six months
- Many participants chose to continue even after the 2 weeks ended

How to get started:

1. Pick a format for your journal (physical or digital - whatever you prefer). A template is below - you can type in it or print it if you like. The goal is not to find the "perfect" method - but to get started, today!
2. Set a goal to write in it every day.
3. Look for 3 "Successes" throughout the day that you can record in your journal. If you don't have 3 - challenge yourself to record at least 1 - something is more than nothing. Often once we get started, we will keep going - but if you don't have 3 to record, writing one success is more than nothing!
4. Remember - anything that feels like a win/celebration to you is worth recording. We need to get out of judgement and into recognizing successes where we see them. Examples from mine include items big and small (to me!):
 - i. Passing up the candy bar in the check-out line
 - ii. Finally calling the doctor to make an appointment
 - iii. Being compassionate with myself when I lost my patience with my kids
 - iv. Working out for 30 minutes this morning
 - v. Remembering to call my dad
 - vi. And so on...

Big or small, if it feels like a win to you - capture it in your success journal!

TIPS: Create a visual prompt to remind yourself to write in your journal.

What has worked for me:

I have a physical success journal. Each morning I put my journal on my pillow. When I go to bed at night I have to move it. Because of that, I don't forget my plan to write in it. Moving it creates a pause to decide if I want to write in it or not. Because I have a pen clipped to my journal, often just picking it up is enough to support my plan to write in it. Sometimes my entries are short and quick, sometimes I write more details about my wins - the goal is to write something down. **SOMETHING IS ALWAYS MORE THAN NOTHING!**

POM Success Journal

Week of: _____

Monday: 1. 2. 3.	Tuesday: 1. 2. 3.
Wednesday: 1. 2. 3.	Thursday: 1. 2. 3.
Friday: 1. 2. 3.	Saturday: 1. 2. 3.
Sunday: 1. 2. 3.	Notes:

