

THINKING BY J. B. SISAM  
FORWARD  
JOURNAL

DEVELOPING A DAILY HABIT OF AFFIRMATION



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DEVELOPING A DAILY HABIT OF AFFIRMATION

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## INTRODUCTION

For years, I hated the idea of journaling. I would try, succeed for a few days, then fall off the wagon. Do you know the feeling? Journaling takes time and commitment to make it through the experience. But the main problem a lot of people find, they stare at a blank page not knowing what to write.

It's frustrating and the idea of wanting to pass something down or to keep as a memory of what you've accomplished seems to outweigh the frustration, so you begin again. This is the exact problem I faced with journaling. I needed a proven template to help me categorize my thoughts and help me think through my day, thoughts, feelings, goals, and more.

So, I created the *THINKING FORWARD JOURNAL*. This journal is packed with nine questions broken up into three main sections.

### **1. THINKING ABOUT TODAY:**

The first three journaling questions deal with everything that happened today; what you did, your biggest wins/accomplishments, and main lessons learned.

### **2. AN ATTITUDE OF GRATITUDE:**

The next four questions are all about your state of being and your state of mind. What are you thankful for and how are you feeling right now?



What main emotions are you experiencing right now? You'll also find a spot to write down a daily affirmation. Think deep and pull out something positive to bring into your daily life.

### **3. THINKING ABOUT TOMORROW:**

These last two questions are to get you thinking about your day tomorrow. What key follow-ups need your attention tomorrow and what can you do to move your personal/work goals forward.

### **WHAT WILL THIS JOURNAL DO FOR ME?**

Whether you're journaling for personal reasons or professional/work related reasons, this journal will help you keep the focus you need to gain the results you want out of life. I have always said that having an attitude of gratitude will keep you focused, strong, steadfast and immovable. It doesn't matter what life throws at you, if you take just a few moments and write down something positive that happened in your day, you'll find your thought life becoming more positive and less negative.

One of my favorite Bible teachers, Warren Wiersbe said this, "*Don't complain about the bottom rungs of the ladder; they helped to get you higher.*" Life is filled with mistakes and trials, but it's how we view these events that determine how strong we will be when the next storm arrives.

By taking a moment to reflect, in a positive manner, on each day, we'll be taking the lessons learned in our life and applying them to tomorrow. This will help you take your life to the next level.

You are meant for greatness. You are meant to be happy and positive. I want you to begin thinking forward, stop looking back at the negativity, begin thinking positively, and develop a daily habit of affirmation.

Enjoy this journal!

Warmly,

A handwritten signature in black ink, appearing to read 'JS', with a long horizontal line extending to the right.

Jason Sisam



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**DAY 1**

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**THINKING ABOUT TODAY!**

*What did I do today?*

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*What are my 3 biggest wins/accomplishments today?*

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*What 3 things did I learn about myself today?*

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## AN ATTITUDE OF GRATITUDE!

*What emotions am I feeling right now?*

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*What 3 things am I thankful for?*

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*Write a daily affirmation.*

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*What did I read/listen to and what stood out to me?*

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**THINKING ABOUT TOMORROW!**

*What key follow-ups need attention?*

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*What 3-5 things must I accomplish tomorrow to further my goals?*

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## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





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