# Simple Journaling Algorithm to Jumpstart Your Journey

1. Copy a template for Week 1 Journaling Template Week 1
2. Name the file with the current date
3. Set a timer for 5 minutes (google search timer 5 minutes)
4. Ask yourself: *What am I grateful for*?
    - what do I have that is not guaranteed?
    - what is here that I usually don't notice that allows for my existence?
5. If there is no answer, try again
6. If you get frustrated, inspect your frustration
    - what is so frustrating about this?
    - what are your feelings?
7. Whatever you think of - write it down
8. If the time is up, you're done
9. If you still have time, ask yourself: *what was the most important thing today or yesterday if you wrote in the morning*?
    - What would it be if you had to choose one thing to identify this day?
    - What made you feel special?
    - What destroyed you?
10. Track your progress in the table below

## The Reasons Behind The Practice

The practice is not gratitude journal or writing about your feelings.
The practice is getting to know yourself.

You may modify the algorithm.

The key aspect is to have dedicated time to write your journal.
You can find 5 minutes during the day and want to go easy when you start.
Make your journaling practice so easy you won't feel it.

Questions are an efficient way to use your brain.

When you ask, there is a high chance you'll get an answer. Maybe not immediately, but you'll. Until you do, make the practice as easy as possible.

## Track your progress

| Question | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| Gratitude | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Most important thing | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Feelings | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |