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Worry-Free Gratitude Journal

Whether you have trouble shutting your brain off or you just want to optimize your own brain power while you sleep, a journal can help. The last thoughts before sleep (and the first ones upon waking) influence the restorative nature of sleep and catch us in a highly suggestive hypnotic state of mind.

If you wake in the middle of the night unable to shut off your mind, other lifestyle habits can help change that too, but this is one thing that can help in the moment. [Also check into progressive relaxation to give your mind something to “do” while physically releasing tension].

There may be nights when what you write is more a worry-journal than a gratitude journal. But it's possible to be both. If you're worried about a big presentation or moving day, you can dump all the little post-a-note things to remember on the journal. Mentally tell yourself, they're there waiting for you and you don't need to think about them again until morning. In addition, though, include something in your gratitude list for how smoothly all the details went. If you write as if it already happened the way you want it to, and tap into that emotion, you change your own state.

Sleep is a powerful, hormone releasing, resetting time for all things that support your body composition and brain health. If you're doing all the physical things including Epsom salt baths, avoiding screens, and more but still struggling, a journal is free solution that may help quiet your mind so you can get the restorative sleep you want and need.

There are no rules, just guidelines. Ending and starting each day with gratitude focused on either what did or what you want to happen is a powerful source for change.

The science on meditation and manifestation shows the brain does not know the difference between a thought paired with strong emotion and reality. So, whether you worry about what hasn't happened, dwell on anger or sadness for what has or or you visualize and imagine on how you'll feel when you have what it is you want, the choice is ours.

For additional resources on the power of thought plus emotion, you might like the work of Dr. Joe Dispenza or Deepak Chopra. Both have books and meditations available.

Use a beautiful blank book or a simple yellow legal pad; it doesn't matter. Dedicate it to just journaling and put it bedside.

If journaling doesn't come natural to you, give yourself these easy prompts.

Three things I am grateful for:

- 1.
- 2.
- 3.

Three things that happened today I'm thankful for:

- 1.
- 2.
- 3.

Things I look forward to tomorrow: