

Own Company Journal

A 5-minute nightly journal for self-trust, gratitude,
and coming back to yourself.

End the day with evidence that your life is still becoming something beautiful.

Why This Journal Works

I am thankful for...

This trains attention toward what is already good. Gratitude journaling has been linked with higher optimism, positive affect, and in some studies better sleep and emotional wellbeing. The key is to make it specific, not generic.

I wish for...

This gives the brain direction. Future-oriented writing, similar to "best possible self" exercises, can increase positive emotion and support self-regulation when done clearly and personally.

I'm proud I did this today...

This trains the brain to notice evidence of capability. That supports confidence through proof, not empty affirmation. It also connects to the "accomplishment" part of wellbeing.

I'm working on...

This keeps growth honest without making the journal overly positive or fake. That matters, because the brain does not become happier by denying reality; it becomes more resilient by seeing reality and still finding agency.

The wonder of today was...

This trains curiosity, presence, and attention to small beauty. Positive emotions like interest, gratitude, serenity, and awe can broaden attention and help build psychological resources over time.

Tonight, I choose to let go of...

This helps the brain close the day. Without it, you may write beautifully and still go to bed carrying stress. With it, the journal becomes both positive and regulating.

I have used this journal for 15 years, and I can't believe I finally get to share it with you.

When I was 14 years old my mom gave me a simple notebook. It was a completely normal notebook without any direction except, in the front of the book my mom had written some rules. The rules were:

1. Write three things you are grateful for ...
2. Write three things you did good today...
3. Write three things you wish for...

I followed this, didn't really know why, but I liked writing and I like using it so why not. It wasn't until I became lazy and didn't use it for weeks that I could feel my mind was way more negative than when I used the journal. This has happened several times the past 15 years. I have had periods where I didn't use the book and it literally had an effect on my mood which in turn affected my life. The past 15 years I have added sections to the pages. I have added date, I sign all my journals and most of the time I like to write a little quote in the end.

I can't wait for you to try it and see how it will affect your life in the best way too.

Own Company Journal

Nightly page

Date: _____

Signature: _____

I am thankful for...

I wish for...

I'm proud I did this today...

I'm working on...

The wonder of today was...

Tonight, I choose to let go of...
