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Welcome to The Groovy Journaling Solution!

Hey, thanks for picking up The Groovy Journaling Solution package! My name is Ryan Phillips, and I created it just for you. I promise you're going to love it. *By the end of this short guide, you'll understand why journaling the right way is so important and how to do it right, in very little time.* Let's dive right in!

Why use a Gratitude Journal?

There are many reasons connecting journaling to gratitude. Next to awareness of the gratitude mindset, using a journal is the next most important thing you can do to cultivate an attitude of gratitude. Many studies have shown that writing something down solidifies its effect immensely. While having a mindset of being grateful is the first step, writing it down will skyrocket the results of your practice.

Why don't people already Journal?

I have been journaling for quite some time, and I've experienced a lot of things I've liked and disliked in journals, so I decided to take all the good, throw out the bad and create the Groovy Journaling Solution – for **Free**! I want anyone and everyone to benefit from the process of keeping a journal.

Now, if you're someone who doesn't make excuses and you're keen to get started, just skip over the rest of this section and get right into the set up part.

If you're still a little unsure about committing to this process, then just take a minute to read over some of the main reasons people don't get into journaling…and why I think they're total B.S.!

Let's dive into the issues that keep us from journaling, and find out how we're going to solve them…

To be sure, many people don't understand its benefits and importance to personal growth, but it's just as common for people to encounter roadblocks that make it too difficult or inconvenient to start, let alone keep as a habit. We're going to dispel those roadblocks quickly, right now!

- **No time/It's inconvenient**: Our journaling solution only takes you a few minutes a day – seriously! I always encourage anyone to write as much as they want to at any time they want to, but I personally get full benefit from 3-4 minutes per morning and 2-3 minutes per evening, and the benefits are HUGE!

- **You have nothing to say**: No problem, my journaling template prompts you for exactly what to write to keep you on track and use your time efficiently!
- **Self-Censorship/Privacy**: Some people don't write what they truly feel, for fear of someone else judging them. The solution we'll use utilizes an encrypted password, which you can choose not to use if you have no need for privacy or want to intentionally share your journal.
- **Overwhelm**: Looking at a huge book sitting in front of you can spark feelings of, "How the heck am I ever going to fill this up?" or you might worry about writing enough, keeping up or 'finishing' your journal. Our journal is digital, so it doesn't have an intimidating size, and if you miss a day, you'll never see the blank pages. Just start off wherever you are, whenever you are!
- **Journal Size/Style/Choices**: Have you been to Amazon to order a journal and looked through all 211,539 results? Which one do you get? 4x6? 8.5x11? lines? No lines? What color? Leather? Bound, notebook style? I'm getting dizzy just writing about it. This journal takes the guesswork out of it for you, so you can get straight to the *reasons for having your journal* in the first place!
- **Mobility**: If you travel as much as I do, you have a few options and they all kind of suck for keeping a regular journal. You can lug your book around with you (not ideal). You can use a web-based journaling software if you can find internet and log in. Or, you can use *our* journaling solution on any device, with or without internet, quickly!
- **Your journal doesn't do what a journal *should* do**: Many people start a journal (which is better than not starting one) and they write freestyle (which is awesome too), but they don't have much direction, and it can turn into a whining, self-commiseration, complaint tome. While getting things off your chest can be therapeutic, this type of journal should focus your mind on personal growth, gratitude and positive action! I think taking time at the bottom of your page to write freestyle thoughts is a great option, but don't miss out on the biggest benefits you can take from your journal in the first place! The Groovy Journaling Solution prompts and guides you through the best content to maximize the benefits for you!
- **You forget**: Ok, this one can be tough. But I have some fantastic tips to share with you below, that I've used for a long time to keep my journal (and other things) flowing and full each day.

Getting Started! You will need:

1. Evernote (Free)
2. My Groovy Journaling Template (included)
3. About 5 minutes per day to rewire your brain for Max-Awesomeness.

Evernote – If you are already using Evernote, you likely already know how amazing it is. It effortlessly keeps track of anything you want to keep track of – like a super filing cabinet-notebook-webclipper-voicenote freak! It syncs throughout your devices to one (or more) accounts and is secure with web/desktop/mobile versions. Evernote. Is. Awesome. Here is where you can get it (for free):

- https://evernote.com/download/ (iOS and Android versions are there, plus detectable Win/Mac)

Groovy Journaling Template – This should have been included in the same package as these instructions. If it was not, please request a new copy, here: projectgroovy@gmail.com

Setup Instructions:

→**NEW!** To see a simple screen video demonstration click here! http://youtu.be/upq6RkKPqio

1. <u>Install Evernote</u> (See Above)
2. <u>Set Up Icons + Template.</u> Once you have installed Evernote, you should have the green/grey elephant icon on your desktop. Go ahead and move it to somewhere on your desktop that's easy to find (like a corner) and drag the Groovy Journaling Template.ene onto your desktop and park that guy right next to the elephant.
3. <u>Create an Account.</u> Next, Open up Evernote. It will ask you to create an account if you didn't already do that online when you downloaded it. Either way, you need to be logged in, and it's quite easy to do.
4. <u>Create Your Journal Notebook.</u> After you're logged in, click on FILE > NEW NOTEBOOK > NEW NOTEBOOK, and call it whatever you wish (Like My Groovy Gratitude Journal, perhaps?) I wouldn't suggest a local notebook, because it limits your mobility, and these days, that's just crazy talk.
5. Now, right-click that notebook, and choose properties and tick the box for default notebook, or alternatively, you can go to VIEW > NOTEBOOKS. Hover over your new notebook and click settings, then tick the default notebook box.
6. At this point, you can just close Evernote. You're finished with the setup. Congratulations! (That wasn't so hard, now was it?)

Using Your New Journal in the Morning:

1. Each morning when you wake up and get the coffee going, sit down at your computer and simply drag the "Groovy Journaling Template" onto the Evernote Elephant icon. This will automatically open Evernote with today's new entry, ready for you to fill in! It should be on the top of the list in your default notebook. Now, let's talk about the fields and how to reach Max-Awesomeness!

2. **DATE** – Just change it to today's date and add any location or event to make it easy to find later, if desired.

3. **My Ultimate Mission**: Here is where you will write your 'Big Picture' mission in an affirmative sentence, every day, to keep it fresh in your subconscious. E.g. "I am attaining the lifestyle of my dreams - full of integrity, freedom, abundance, & contribution."

4. **Today's Gratitude List** – Fill in the blanks with three things that come to mind that you are grateful for right now. There are no rules; they can be huge or miniscule; they can be for you or anyone or anything. This one is all you! If you're stumped, visit http://www.projectgroovy.com for more information and tips on gratitude.

5. **What Can I Do to Make Today Amazing?** – The only rule here, is to list things that are in your control. That's why I wrote, 'what can *I* do'. A nice sunny day might be amazing, but you don't want the day to automatically be crummy because it rained, so focus on actions and outcomes that YOU control or influence.

6. **My 3 MVPs For Today** – I happily jacked this one from Darren Hardy. If you have more than three priorities, you don't have priorities. What are the three Most Valuable Priorities that I must work on today? Spend more and more time on these three things (or better yet, just one or two!) and you'll love the results.

7. **Here's a Powerful Bonus Step**: Take 30 seconds to close your eyes and picture yourself just after accomplishing each of your MVPs. Really experience how good it's going to feel to make that progress!

8. Also, if you have any random thoughts you'd like to jot down, scroll to the bottom and write whatever you wish!

And that's it for your morning! You're finished. You can close Evernote, no need to 'Save' it – Evernote always does that automatically; you'll never lose anything. Remember to log out if you want it private.

Using Your New Journal in the Evening:

At the end of your day, you'll want to take a few minutes to reflect on your day. This time just open Evernote and find your journal entry from the morning.

1. What Did I Learn Today? How Can I Improve? This is time for some constructive criticism – no time for beating yourself up. Think of a few things you wish you would have handled a little better so you can be better prepared for next time, or work on bettering little things!
2. Today's WINS List – This may be the most important section along with the Gratitude List. As humans, we're sort of wired to look for the negative, always focus on what we need to improve, and cut ourselves short on the credit we deserve for our personal growth. Take this time to recognize the things you did well today, big or small. Got a raise at work? Excellent. Smiled at two strangers? Groovy. Decent bowel movement? Hey, whatever works. I promise you did *way* more than three super things today. What were they? Recognize and *enjoy* them.
3. Finally, if you have any random thoughts you'd like to jot down, scroll down and write whatever you wish!

Wrapping Up

And………..DONE! How did that work out for you? (Seriously, I'd like to know! Shoot me a quick note at: ryan@projectgroovy.com) If you use your journal every day, your brain will rewire itself for happiness.

There have been countless studies, easily linking happiness to cognizance. If you intentionally take the time to focus your mind toward the things that are positive and wholesome, you will indeed cultivate happiness, whether you believe it or not. ☺

That's all there is to it! I truly hope you enjoy the Groovy Journaling Solution, and I would LOVE to hear any feedback to make it even better! Be sure to visit http://www.projectgroovy.com for more Gratitude and Goodness!

Much Appreciated,

Ryan Phillips