

THE  
THREE THINGS  
JOURNAL



# THREE THINGS JOURNAL

*Making life as simple as one, two, three!*

## **The Power of Three**

You have a lot to do today. You have a lot to do every day. We all do. And sometimes it can be overwhelming. But instead of worrying about the mountain of things you want to accomplish today, what if you committed to doing three things. Just three. That's manageable, right?

That's the thinking behind the *Three Things Journal*.

The Three Things Journal is split into three sections:

- Nourish
- Accomplish
- Appreciate

## NOURISH

Without proper nourishment, you are not giving your body what it needs to perform its best on a daily basis. All you have to do in this section is write down what you had for breakfast, lunch, and dinner, as well as two small snacks in between. Writing it down every day will help you become a more conscious and healthier eater.

## ACCOMPLISH

Three things. That's it. Sure, you probably have a lot more on your plate. But instead of stressing over a huge list of to-dos, just focus on the three most urgent things. By concentrating your efforts on these three things, you will be more productive and feel a sense of satisfaction at the end of the day.

## APPRECIATE

Sometimes we get so caught up in our busy lives that we forget to be grateful for what we have. This section gives you a chance to re-center yourself by listing three things you are thankful for this day. It can be something as important as your health or as simple as a hot cup of coffee.

What if you accomplish your three things for the day? Can you do more? Absolutely. But if you only have time to accomplish three things, you can still feel satisfied that you had a productive, well-lived day.

Remember: Life doesn't have to be hard. It can be as easy as one, two, three!



# NOURISH

(Track what you eat today)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

# ACCOMPLISH

(Your three main to-dos for today)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

# APPRECIATE

(Three things you're grateful for today)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



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DAILY DOODLE

