

The Doubler



Week One

The word “journal” means a daily record of news and events of a personal nature; a diary.

Sometimes, people who enjoy writing keep a diary or a journal for things that have happened or thoughts they have. Lots of people better process their thoughts and experiences through writing.

Today, we are going to discuss “The Doubler.”

The Doubler is a tactic used by Spark to ‘double’ his positive experiences.

21-day challenge: The Doubler

We are going to do a journal similar to the gratitude journal. The goal is to write for 2 minutes each day. We are going to double our joyful experiences.

Pick at least three details to write about related to the positive (meaningful) experience you've selected, i.e., who, what, where, when, why, etc.

Weekly To-Do's:

1. Get started on your 21-day Journaling challenge and keep it going!
2. Make sure to use your 21-day challenge journal to track your progress.

Alternative Discussion

- Why do you think the positive experience you selected come to mind so quickly?
- How does it feel to spend time writing about a positive experience?