

The Doubler



Week Two - Developing a Positive Mindset

What is a positive mindset? Do you have one?

Last week we talked about journaling. When we journal our “Doubler” experience, we are asked to look for the good.

We are going to do some self-evaluation to see how we feel before we write versus after we write

21-day challenge: The Doubler

Before you start writing in your journal, let’s discuss what you feel before you write versus after you write.

- Do you think it changes?
- Does it stay the same?
- Do you feel more positive?
- What would it look like for you to create a self-evaluation form?
- Would you use a scale?
- Would you use images, (a series of emojis?)

You will create something to use as a tool to determine how you feel before you write versus after you write.

Weekly To-Do's:

1. Continue 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

- What's the benefit of gauging your emotional status before you start writing?
- How can this help you down the line?