A large, light green apple shape with a stem and a single leaf. The apple is the central focus of the cover. Inside the apple, the title is written in a bold, black, hand-drawn font. The background is a solid pink color with some small white dots and black lines scattered around the apple.

28-DAY GOOD-HABIT PLAYBOOK

*4-week guided challenge to help
you kickstart healthy & balanced habits*

ABOUT THE GOOD-HABIT PLAYBOOK *2nd edition*



Replacing bad old habits gets fun! QLife 28-Day Good-Habit Playbook gives you 4-week transformation plan for each day. A notebook-size-guide where you can write inside & track your progress.

*The 28-day Good Habit Playbook helps you to kickstart good habits by giving you 1 task each day for 4 weeks straight. This is a **journey of testing out different methods to find the one favourite** you want to continue after finishing the playbook.*

*The collected methods include **mental, emotional, functional & social elements**. All it takes is about 5-15min per day. Some of the methods you test out once, some of them you do 3 days in a row to **discover how your mind & body adapts to these new habits**. You will find which of the methods fit you more & which less. Join our Facebook group to get inspiration, find more info about the tasks and to share your progress with others who have taken on this adventure - goo.gl/BNNMM6*

*Our collective mission under the name QLife is to promote **a healthy & balanced lifestyle**, particularly among young people. As one of the promotions, we created this playbook. Methods found in the book has been learned and practised by ourselves personally, found in books, blogs & life. And we would love to hear from you which methods are making the most impact for you!*

Designed by Arta Citko (artacitko.com) for Erasmus+ strategic partnership project "Quality vs Quantity", Nr. 2017-1-LV02-KA105-001476, with support from Baltijas Reģionālais Fonds (Latvia), Inovatyvi Karta (Lithuania) and NGO Wise Veer (Estonia).

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1st edition (Winter 2017)
2nd edition (Summer 2018)



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Erasmus+ Programme
of the European Union



THE FUN STARTS HERE



day 1 - Contract with myself

day 2 - My balance

day 3 - My character

day 4 - Best me

day 5 - Stop & start

day 6+ - Gratefulness journaling

day 7, 8, 9 - Five fruits & veggies a day

day 10 - Dealing with stress

day 11 - Checklist

day 12, 13, 14 - Sleep time challenge

day 15 - Power questions

day 16, 17, 18 - Be active challenge

day 19 - Wondertime

day 20 - 1 month balance plan

day 21, 22, 23 - 10 mindful minutes

day 24, 25, 26 - What a great day

day 27 - Positive mental attitude

day 28 - Evaluation

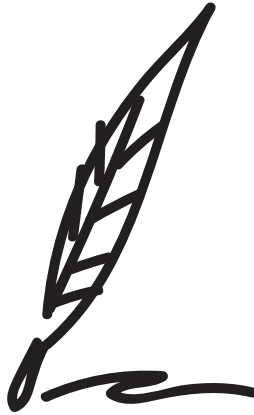
+ pages for notes'n'dreams'n'doodles

+ EXTRA SPACE
FOR NOTES &
DOODLES ON THE
BACK PAGES



date _____

DAY 01



”
YOU ALWAYS
HAVE TIME
FOR THE
THINGS YOU
PUT FIRST

CONTRACT WITH MYSELF

For the next 28 days you will be testing out various healthy habit methods. Each day has specific tasks and descriptions of how to do them. Most of the tasks take no more than 5-15 minutes per day. Now take a minute to go through the pages and explore what is ahead and return to tick off the first checkbox.



I've taken a look at the tasks ahead

Now, when you are more familiar with the tasks ahead, you will fill and sign a contract with yourself of committing to this journey of discovering your few favourite good habits.

THE CONTRACT

My name is _____, I am _____ years old and I live in _____. I am taking this challenge, because I want to find at least _____ good habit method(s) that I can continue after finishing this playbook.

I understand that it will take 28 days to finish this challenge, and I commit to finding 5-15 minutes every day for the tasks, even if it means going to bed 15 min later. If I miss one day, I commit to doing both days on the next day. Today's date is __ __ ____, and I commit to finishing this playbook by __ __ ____.

I know that there is a private Facebook group where I can find more information about the tasks, discuss the tasks and ask questions to the author.

The playbook is my guide. I will carry the playbook with me in my _____ during the 28 days to be able to open it any time.

And I will have an accountability buddy who I trust, whose name is _____ and this person is going to ask me every 2-3 days how I am doing with the tasks to check my progress.

Date and place

Signature

Full name

date _____

DAY 02

”
I DIDN'T
COME THIS FAR
TO ONLY
COME THIS FAR



MY BALANCE



Some say we have not only **physical** body (which is the easiest one to see) but also **emotional**, **mental** and **social** bodies. And we want to keep all 4 of them healthy and in balance. Lets first become aware of them.

In task 1 we look at what good habits each of our 4 bodies already has. And below, in task 2, we add what things we want to improve about each body to later evaluate the progress we have made.

The goal now is to evaluate the current situation and to understand which body needs more attention and what little things to improve to get all of them in a healthy balance.

1 *My existing rituals, strengths & skills in each of these*

Below are a few not-so-specific examples for each category. Try to be specific, for example, exercising 5x/week, snacking bananas instead of chocolate bars etc.

PHYSICAL

- exercising
- eating healthy
- taking fish oil
- spending 30min per day outdoors
- taking stairs instead of an elevator
- choosing healthy snacks

EMOTIONAL

- maintaining self-control
- understanding one's own emotions
- empathy
- being kind & thankful
- managing stress & anxiety
- gratitude journaling

MENTAL

- planning daily
- upkeeping a positive mental attitude
- practising meditation
- reading books
- taking notes
- doing self-analysis
- training awareness
- observing regularly

SOCIAL

- maintaining good relationships
- keeping promises
- listening to what others say
- sharing ideas & knowledge
- helping out someone in need

Four empty boxes with red borders, each approximately 150x100 units, arranged horizontally. Below them is a horizontal green line with a small green triangle centered underneath it.

2 *What specific things do I want to add or improve in each?*

PHYSICAL

Three horizontal dashed lines for writing.

EMOTIONAL

Three horizontal dashed lines for writing.

MENTAL

Three horizontal dashed lines for writing.

SOCIAL

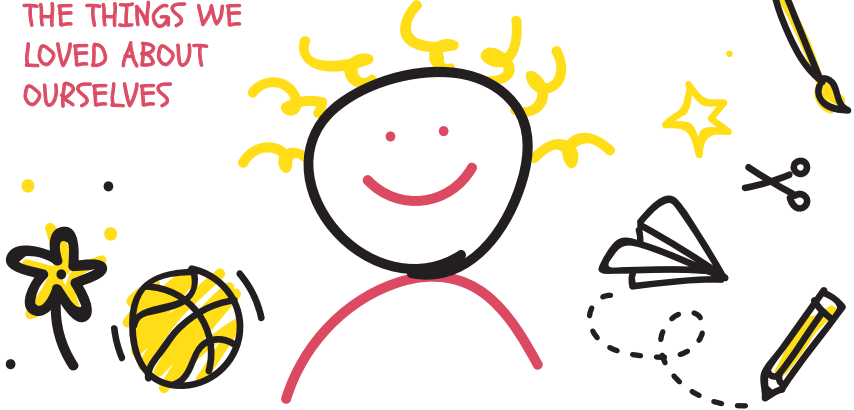
Three horizontal dashed lines for writing.

date _____

DAY 03

”

IMAGINE IF WE
OBSESSED ABOUT
THE THINGS WE
LOVED ABOUT
OURSELVES



MY CHARACTER

Knowing your character isn't just interesting information. When skillfully applied, character strengths can have a very positive impact on your life!

Our talents & interests are our character strengths. Researchers have found that strengths are patterns of thinking, feeling, or behaving. And when we use them, we feel energised and perform at our best. Our strengths are the things we look forward to doing and that leaves us feeling satisfied and fulfilled. These represent us at our best.

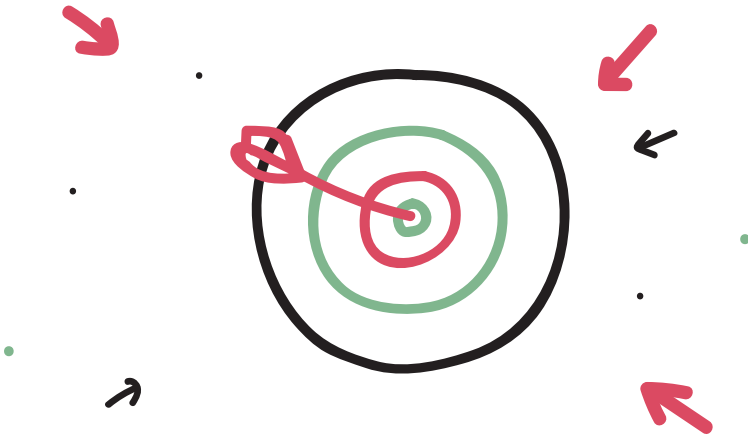
(the topics and activities that naturally grab your attention)

(anything you do better than the average person)

[illegible]

date _____

DAY 04



BEST ME

Let's start with the list of the things that bring you joy, the places you want to travel to, the fun things you want to experience, the things you want to achieve. Describe how would you like to experience the world around you in the next months & years to come. #dreamtime

”

ASK YOURSELF
“WHAT IS THE BEST I CAN DO?”
AND THEN DO THAT.

- Cheryl Strayed -

Describe how you want to see yourself and the world in the future. What you want to be, where you want to be..



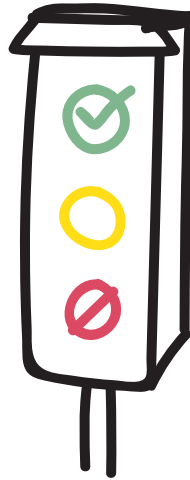
In future I am

A series of horizontal dashed lines for writing.

EXTRA: You can even turn your written list into a vision board. Create it the old way by collecting printed images & making a collage or use Pinterest to create a digital vision board.

date _____

DAY 05



STICK WITH
PEOPLE WHO
PULL THE MAGIC
OUT OF YOU
NOT THE
MADNESS

STOP & START

In order to get where we want there are sometimes some things, we need to drop that keeps us away from our true desires. These may be bad habits or attitudes, influences etc.

And that is not all. Rarely we can just drop something if there is nothing to replace it with. That is why we also need to have a list of the new things that replaces the old and brings us closer to what we want to be, closer to the awesome version of ourselves. Making these lists once in a while gives us new ideas and helps to keep ourselves on the right track

Now go back and read what you wrote on Day 04. Then fill out today's three lists. Use your Day 04 thoughts as inspiration for today's task.

1 *Read what you wrote yesterday (Day 04) and list here the good things you are already doing now that brings you closer to your future self.*

→ I will continue

2 *Look at your current lifestyle, habits & friends. List the things you need to avoid or drop completely to be that awesome future self.*

⊘ I will stop

3 *Now list the new things (habits, attitudes, practices) you can start doing now to be the kick-ass future version of yourself.*

✓ I will start

date _____

DAY 06

+ all other days



THANK
YOU!

GRATITUDE JOURNALING

It is being grateful for what we already have that makes us feel more happy and joyful.

And research says that when we are thinking positively our brain actually functions better!

”

THERE IS NO ANGRY WAY
TO SAY BUBBLES

○ *At bedtime sit down in a quiet & comfy place where none will disturb you for 10min. Prepare a pen for notes.*

○ *Think of 3 things you are grateful for today and why.*

Let the answers come to you. Spend as much time as you like for each just feeling grateful. It can be as big or small, important or funny as it gets. It can be anything. A person, event, the air you breathe, the vision you have, voice, friends, parents.. Anything.

○ → *Right now I feel most grateful for:*

1.

2.

3.

EXTRA NOTES

Writing down these 3 things every evening as a habit trains our awareness and helps to notice many awesome events, things and people that actually surround our life every day!

We will repeat this exercise every night from now on. It can be as quick & easy as a few-minute thankfulness when you are already in bed.

DAY 07-09



FRUITS & VEGGIES A DAY

*Evidence shows there are significant health benefits to getting at least five 80g portions of a variety of **fruit and vegetables** every day.*

*Get into the habit of asking yourself:
**What can I do that will add at least one portion
of fruit or vegetables to this meal?***

”

IF I WERE A FRUIT, I'D BE A FINE-APPLE





date _____

DAY 07

FRUIT/VEG DAY
1 of 3

“
AN APPLE A DAY
KEEPS ANYONE
AWAY IF YOU
THROW IT HARD
ENOUGH

DAILY INSPO

*Easy to take with you
anywhere:*

Banana / Apple / Nectarine /
Peach

*Cut up one of these and add to
your breakfast oat porridge:*

Banana / Apple / Mango /
Nectarine / Apricot / Peach /
Orange / Kiwi

FRUIT FACT

Research shows that eating 5 or more
fruits and vegetables each day plays
an important role in preventing heart
disease, cancer, osteoporosis, high
blood pressure, obesity, diabetes,
stroke and birth defects.

MY 5 FRUITS TODAY:

1 _____

2 _____

3 _____

4 _____

5 _____

Share your ideas & post photos on Qlife facebook page!

Every day Gratefulness Journaling

1. _____

2. _____

3. _____

“
ONE DAY...
I'M GONNA
MAKE THE
ONIONS CRY

date _____

DAY 08

FRUIT/VEG DAY
2 of 3



DAILY INSPO

WE LOVE BANANAS!

Our favorite simple banana mix for smoothies (5min) :

Banana + avocado + water

Banana + frozen berries + water

Banana + oats + water

Our favorite quick fruit salad recipe (10min) :

cut in pieces 1 orange + 1
banana + 1 apple + sprinkle
with seeds and mix together

DID YOU KNOW?

Cabbage actually has more
Vitamin C than Lemon!

MY 5 FRUITS TODAY:

1 _____

2 _____

3 _____

4 _____

5 _____

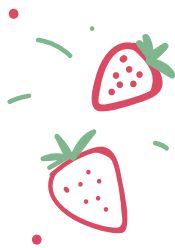
Share your ideas & post photos on Qlife facebook page!

Every day Gratefulness Journaling

1. _____

2. _____

3. _____



date _____

DAY 09



YAY! LAST FRUIT/VEG DAY!
3 of 3

DAILY INspo

*Our favorite oven baked veggies
(30min) :*

*Beets + carrots sprinkled with
olive oil, rosemary, sea salt &
pepper*

*Make your fruit salad more
interesting:*

*Add some cinnamon to apples.
Add chia or pumpkin or other seeds.*

”

**KNOWLEDGE IS KNOWING
A TOMATO IS A FRUIT.
WISDOM IS NOT PUTTING
IT IN A FRUIT SALAD.**

- Miles Kington

MY 5 FRUITS TODAY:

1 _____

2 _____

3 _____

4 _____

5 _____

Share your ideas & post photos on Qlife facebook page!

Every day Gratefulness Journaling

1. _____

2. _____

3. _____

date _____

DAY 10

”

INHALE
COURAGE
EXHALE
FEAR



DEALING WITH STRESS, ANXIETY & ANGER

What are 3 of your favourite methods?

1. _____

2. _____

3. _____

Most of the things we stress over now won't even matter after a year or 5 years. Stress happens when we try to control our life experiences. Relax and remember the only real control you have is over yourself and your reactions.

Here are some of our favorite methods



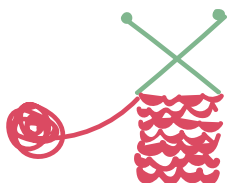
*remember we all have
different experience*



*take a cold
or hot shower*



*throw your anger to
the farthest place*



create, transform



*remember
the goal*



*hug
someone*



*remember
a pleasant event*



go in the nature



*put your hand on your
heart and breathe*



take a break



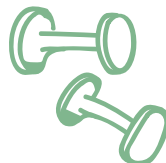
*sing, humm,
listen to music*



treat yourself



smile



workout

Every day Gratefulness Journaling

1.

2.

3.

date _____

DAY 11



CHECKLIST

Here are 3 questions and one other task for you today. Read them and write down your answers.

If you feel down sometime, just return to these pages and check if you have done lately the things that make you smile and makes you proud.

By the way these are also good conversation topics and can build stronger bond and more trusting relationships between you and your friends. Next time you meet a friend ask one or two of these. People love talking about themselves! And remember not to judge their answers. Just listen :)

Now start with answering the 3 questions about yourself!

1 What makes me smile?

1

2

3

4

5

3 Imagine a doctor says you are going to die in 3 days.

What would you do the next 3 days?

1

2

3

4

5

2 What am I proud about?

1

2

3

4

5

+ Go ask a friend or two who know you well

What are the 3 things you would steal from me?

It will give you some uplifting insights on what others value in you the most. And when you ask this question to a friend first let them know what you would steal from him/her.

1

2

3

Every day Gratefulness Journaling

1.

2.

3.

DAY 12-14

”

I AM NOT LAZY.
I AM ON ENERGY SAVING
MODE.



SLEEP TIME CHALLENGE

The goal now is to get up and go to bed at the same time for 3 days in a row. If you already wake up and go to bed at the same time every day this will be easy peasy to you!

If not, then set your goal now and stick to it.

WAKE UP TIME

BED TIME

And be aware of how this improves your energy levels and mood over the next few days.



date _____

DAY 12



SLEEP TIME CHALLENGE DAY 1 of 3

:

WAKE UP TIME



:

BED TIME



SLEEP FACT

*A giraffe only needs 1.9 hours of sleep a day,
whereas a brown bat needs 19.9 hours a day.
And man is the only mammal that willingly delays sleep.*



What time did you set for the next 3 days? Share in the QLife facebook group!

Every day Gratefulness Journaling

1.

2.

3.

”
WHY FALL IN
LOVE WHEN YOU
CAN FALL
ASLEEP?

date _____

DAY 13



SLEEP TIME CHALLENGE DAY 2 of 3

— — — — —
WAKE UP TIME



— — — — —
BED TIME



SLEEP FACT

Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or "practice" skills learned while you were awake. It's a process called consolidation.



How are you doing with the challenge? Share your progress in the QLife facebook group!

Every day Gratefulness Journaling

1.

2.

3.



date _____

DAY 14



YAY! LAST SLEEP TIME CHALLENGE!
DAY 3 of 3

— — — — —
WAKE UP TIME



— — — — —
BED TIME



SLEEP FACT

Sleep keeps you in shape!
According to a study by scientists at Uppsala University in Sweden, lack of sleep can make you put on weight by drastically slowing your metabolism down.



**I WISH I WERE
A LITTLE KID SO I COULD
TAKE LONG NAPS AND
EVERYONE WOULD JUST BE
PROUD OF ME**

So how was the sleep challenge? Are you going to continue the same sleep pattern?

Every day Gratefulness Journaling

1.

2.

3.

date _____

DAY 15

”

QUALITY QUESTIONS
CREATES A QUALITY LIFE

- Tony Robbins -



POWER
QUESTIONS

In the book “Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny”, Tony Robbins shares power questions you can use in the morning to start your day off strong with more passion, power, and purpose.

As the 4th power question is about gratefulness we are not doing the gratefulness journaling separately today.



MORNING POWER QUESTIONS

1

*What am I happy about
in my life now?*

2

*What am I excited
about in my life now?*

3

*What am I proud about
in my life now?*

4

*What am I grateful
about in my life now?*
(the everyday gratefulness task)



5

*What am I enjoying
most in my life now?*

6

*What am I committed to
in my life now?*

7

*Who do I love?
Who loves me?*



EVENING POWER QUESTIONS

1

What have I given today?

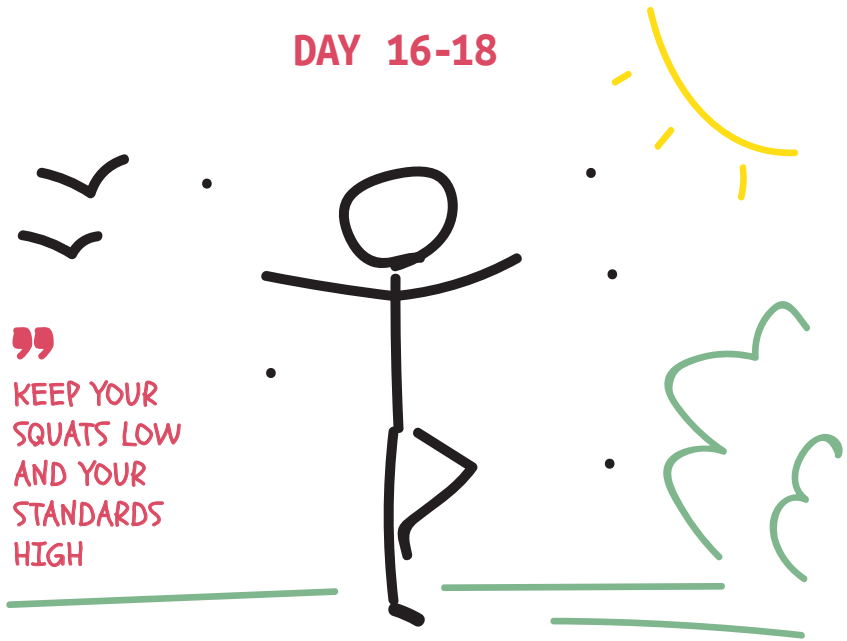
2

What did I learn today?

3

*How has today added to the
quality of my life or how
can I use today as an
investment in my future?*

DAY 16-18



BE ACTIVE CHALLENGE

In each of the next 3 days we will have a short & simple morning workout routine including warmup, exercise & stretching. No equipment or gym visit needed! You can do this at home. How cool is that? Prepare some background music!

Warmup is important part of the workout because it gets your heart rate up, prepares your joints and muscles for exercise and that reduces possibilities of muscle and joint injuries.

Stretching on the other hand works as a cooldown, it relaxes the muscles reducing possibility of muscle ache the next day.

date _____

DAY 16

ACTIVE CHALLENGE DAY 1 of 3

1

WARMUP

3 min to warmup up joints & get the heartrate up



> rotate (5x both ways) all joints from head down to toes

Start with neck, then shoulders, elbows, hands, hips, knees and finally ankles.

> 30 jumping jacks

more about warmups and streatching - darebee.com/warmup-and-stretching.html

2

EXERCISE

! and remember to breath during the exercises!

1min
plank

20x
squats

10x
pushups

1min
rest

x3
repeat

3

STRETCH



reach for the sun

when you think you're at the highest, reach for the stars



reach for the earth

when you think you're at the lowest, reach for the core of the earth



Jump & shake off all the tension physically & mentally.

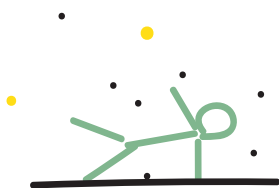
And finally smile and say "Today is going to be a great day!" 😊

Every day Gratefulness Journaling

1.

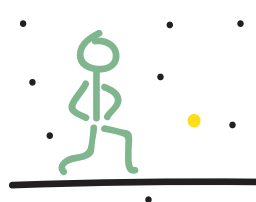
2.

3.



date _____

DAY 17



ACTIVE CHALLENGE DAY 2 of 3

1

WARMUP

3 min to warmup up joints & get the heartrate up



> rotate (5x both ways) all joints from head down to toes

Start with neck, then shoulders, elbows, hands, hips, knees and finally ankles.

> 30 jumping jacks

more about warmups and streatching - darebee.com/warmup-and-stretching.html

2

EXERCISE

! and remember to breath during the exercises!

1min
sideplank
right side

1min
sideplank
left side

10x
lunges
with each leg

1min
rest

x3
repeat

3

STRETCH



reach for the sun

when you think you're at the highest, reach for the stars



reach for the earth

when you think you're at the lowest, reach for the core of the earth



Jump & shake off all the tension physically & mentally.

And finally smile and say "Today is going to be a great day!" 😊

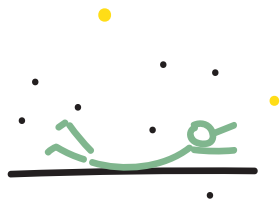
Check in QLife facebook group and tell us how you are doing!

Every day Gratefulness Journaling

1. _____

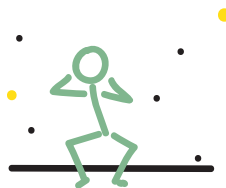
2. _____

3. _____



date _____

DAY 18



YAY! LAST ACTIVE CHALLENGE! DAY 3 of 3

1

WARMUP

3 min to warmup up joints & get the heartrate up



> **rotate (5x both ways) all joints from head down to toes**

Start with neck, then shoulders, elbows, hands, hips, knees and finally ankles.

> **30 jumping jacks**

more about warmups and streatching - darebee.com/warmup-and-stretching.html

2

EXERCISE

! and remember to breath during the exercises!

**1min
superman**

**20x
squats**

**10x
pushups**

**1min
rest**

**x3
repeat**

3

STRETCH



reach for the sun

when you think you're at the highest, reach for the stars



reach for the earth

when you think you're at the lowest, reach for the core of the earth



Jump & shake off all the tension physically & mentally.

And finally smile and say "Today is going to be a great day!" 😊

What did you like about this challenge? Are you going to continue?

Every day Gratefulness Journaling

1.

2.

3.

date _____

DAY 19

”

LOGIC WILL GET YOU FROM A TO B.
IMAGINATION WILL TAKE YOU
ANYWHERE.


- Albert Einstein -

WONDER- TIME

Well.. where do you want to go?

Desire is a powerful force. And so is fear. If you can replace something you fear with something you desire you will get what you want much quicker!

I say every action starts in our own minds - in our imagination. So, let's do some constructive wondering now!

1 What do I like  about this world currently?

2 What would I like to be improved in this world in the future?

3 How might I help to make that happen?      

- ☐ tomorrow -----
- ☐ next month -----
- ☐ in a year -----
- ☐ in 10 years -----

Every day Gratefulness Journaling

1.

2.

3.

date _____

DAY 20

1

1

1

1

1

”

MAKE YOURSELF
A PRIORITY

1

MONTH BALANCE PLAN

How does this method work? In the beginning of each month write down what things in each of these 7 categories you want to get done by the end of the next 30 days. I have been using this method every month for the past year and it helps me to stay on track. Maybe it can help you in your ventures too!

Today start your personal balance plan for the next month. Plan at least 2 goals (tasks) in each category. + revisit this page every morning for the next week & discover that revisiting your written goals every day gives you more focus and gets you to the results you want much quicker.

If you need more space, redraw the template on A4 page or turn into excel spreadsheet. Fill the plan, review every day & mark the finished tasks to track your progress. View my excel example here goo.gl/3GeBdJ



FINANCIAL

expenses & costs, _____
extra income etc _____ . . .



BUSINESS & CAREER

courses, internships, _____
personal branding etc _____ . . .



HEALTH & FITNESS

fitness classes, diet, _____
running, doctor etc _____ . . .



FUN TIME

concerts, parties, _____
movies, travel etc _____ . . .



PERSONAL

reading, planning, _____
drawing, writing etc _____ . . .



RELATIONSHIPS

family, friends, _____
events, meet-ups etc _____ . . .



CONTRIBUTION

helping out, teaching, _____
donating, supporting _____ . . .

read more about this method in the book "Power Of Focus" / © achievers coaching program

Every day Gratefulness Journaling

1. _____

2. _____

3. _____

DAY 21-23



THE BODY BENEFITS FROM MOVEMENT,
THE MIND BENEFITS FROM STILLNESS.

- Sakyong Mipham -



MINDFUL MINUTES

Everyone has heard about meditation. Some has done it. Did you know that there are many different ways to do meditation?

*There are hundreds of resources online that have a huge supply of guided meditations and music to help sooth your soul.
We chose a few techniques from mindbodygreen.com*

You can also try Headspace app. It is a good little everyday meditation guide. It helps by telling you what to actually do when you are kinda 'not doing anything'.



date _____

DAY 21



MEDITATION CHALLENGE

DAY 1 of 3

PRESENT MOMENT MEDITATION

Close your eyes and begin to focus on your breath. Take a few moments here then allow your focus to broaden to your body and the sensations that it's feeling. Now expand your focus to anything touching your body, noticing those sensations. Lastly, expand your awareness to everything you can hear and sense. Now reverse this process and come back, one step at a time to your breath.



**MEDITATION IS
LIKE MULTIVITA-
MINS FOR YOUR
BRAIN. GOOD TO
TAKE IT EVERY DAY.**

NOTES

MEDITATION FACT

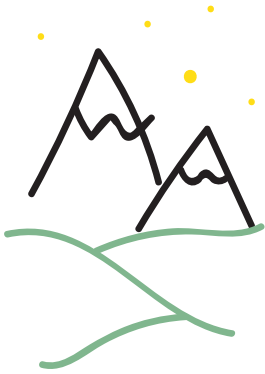
Long-term practice of meditation increases grey-matter density in the areas of the brain associated with learning, memory, self-awareness, compassion, and introspection.

Every day Gratefulness Journaling

1.

2.

3.



date _____

DAY 22



MEDITATION CHALLENGE DAY 2 of 3

VISUALIZATION MEDITATION

Another easy and down-to-earth meditation technique is to picture an idyllic being or setting in your mind. Focus on the picture and let yourself embellish it as much or as little as you need to.



INHALE
LOVE
EXHALE
GRATITUDE

NOTES

MEDITATION FACT

PhD psychotherapist Dr. Ron Alexander in his book "Wise Mind, Open Mind" reports that the process of controlling the mind, through meditation, increases mental strength, resilience, and emotional intelligence.

Every day Gratefulness Journaling

1. _____

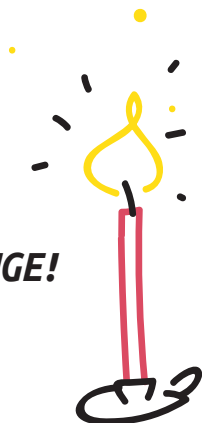
2. _____

3. _____



date _____

DAY 23



YAY! LAST MEDITATION CHALLENGE!
DAY 3 of 3

CANDLE STARING MEDITATION

If you have trouble focusing, you can light a candle and stare at it. Your attention will be held. If your mind races, just observe what it is doing and let those thoughts release. + Try to first look at the whole flame. Then bring your focus to seeing specific colors in the flame. Start with focusing on the yellow for a minute, then white, then red, then blue. You can also try seeing other colors in the flame. Even black.



**FOREVER IS
COMPOSED
OF NOWS**

- Emily Dickinson

NOTES

MEDITATION FACT

Meditation was found to be as effective to treat anxiety and depression as antidepressant drug.

Which of the 3 meditation techniques did you like the best? Share in the QLife FB group!

Every day Gratefulness Journaling

1. _____

2. _____

3. _____

DAY 24-26

”
WHY BE MOODY
WHEN YOU CAN
SHAKE YO BOOTY

WHAT
A GREAT
DAY!

Did you know you can only feel one emotion at a time? Remembering positive events creates positive feeling thus replacing negative emotions with positive.

Whenever you are feeling sad, angry or stressed, stop and ask yourself 3 questions you see on the next page. Today ask some friends to share what inspired or surprised them yesterday. But in the evening, write down answers about your own day.

These are also good questions to ask someone who is feeling sad, to help focus their attention on the bright side & lift up their mood.

date _____

DAY 24

GREAT DAY CHALLENGE DAY 1 of 3

1 What surprised me today?

2 What inspired me today?

3 What made me smile today?

Every day Gratefulness Journaling

1.

2.

3.

date _____

DAY 25

GREAT DAY CHALLENGE DAY 2 of 3

1 What surprised me today?

2 What inspired me today?

3 What made me smile today?

Every day Gratefulness Journaling

1.

2.

3.

BE HAPPY,
IT DRIVES
PEOPLE CRAZY

date _____

DAY 26

YAY!

LAST GREAT DAY CHALLENGE! DAY 3 of 3

1 What *surprised* me today?

2 What *inspired* me today?

3 What made me *smile* today?

Every day Gratefulness Journaling

1.

2.

3.

date _____

DAY 27



POSITIVE MENTAL ATTITUDE



THINK LIKE A PROTON.
ALWAYS POSITIVE

Here we are going to look at 3 methods that will make you a better friend, teammate and leader.

Practicing the following things also trains your awareness.

I encourage you to also take notes during the day. If you choose to leave the playbook at home, take notes in phone. This way at the end of the day you may see what kind of invisible stuff like attitudes & emotions & reactions exist in your environment.

1 Look at the bright side

What does it mean? Discuss the things you enjoy. Talk about what you want & desire, instead of what you fear or dislike.

TASK: Try observing conversations today. What are the topics you and people around you talk about? Who is choosing more positive language and who more negative? Be aware of your own responses as well.

2 Build on what the other person said a.k.a. “YES AND” method

Have you noticed when we talk we tend to start sentence with “Yes, BUT..” a lot of time? It makes us feel like our suggestions & ideas are not valued, not good enough or even worst - being rejected.

TASK: From now on try replacing “Yes, BUT...” with “Yes, AND...”

“YES” meaning you heard what the other person said, “AND” meaning you add your suggestion. It makes the other person feel heard, and makes the whole conversation much more enjoyable & fun.

⊕ Try this as a game with your friends!

3 Give ^{peanutbutter&jelly} sandwich feedback

What does it mean?

When someone asks you feedback:

- 1) **Start with the nice things first** (this is the toast)
- 2) **Then list what you think can be done better** (peanutbutter’n’jelly)
- 3) **Finally finish with a positive encouragement** (the toast again)

For example:

Your home-made muffins taste like heaven! Have you thought about adding bananas? I think you would become famous with them!



Every day Gratefulness Journaling

1.

2.

3.

date _____

DAY 28



YOUR ENERGY INTRODUCES YOU
BEFORE YOU EVEN SPEAK



EVALUATION

Congratulations! You have made it to the 28th day! It's been some time since the start and the first planning & evaluation on Day 02 and 03. Let's look at the journey and how we feel now.

What new have you learned in the last 4 weeks? What was the easiest & what was the hardest for you?

1 How have I improved my 4 bodies?

Compare with Day 02. Have you improved at least 1-2 things?

PHYSICAL
UPGRADE

EMOTIONAL
UPGRADE

MENTAL
UPGRADE

SOCIAL
UPGRADE



2 How much effort did I put in to improve in each? Evaluate 1-10

1=almost nothing < > 10=lots of effort

3 TOP3 activities (3 favorite activities from this book)

1. _____

2. _____

3. _____

4 One habit I choose to continue for the next few months

Thanks for participating!

Share your story on Qlife facebook group!

Every day Gratefulness Journaling

1. _____

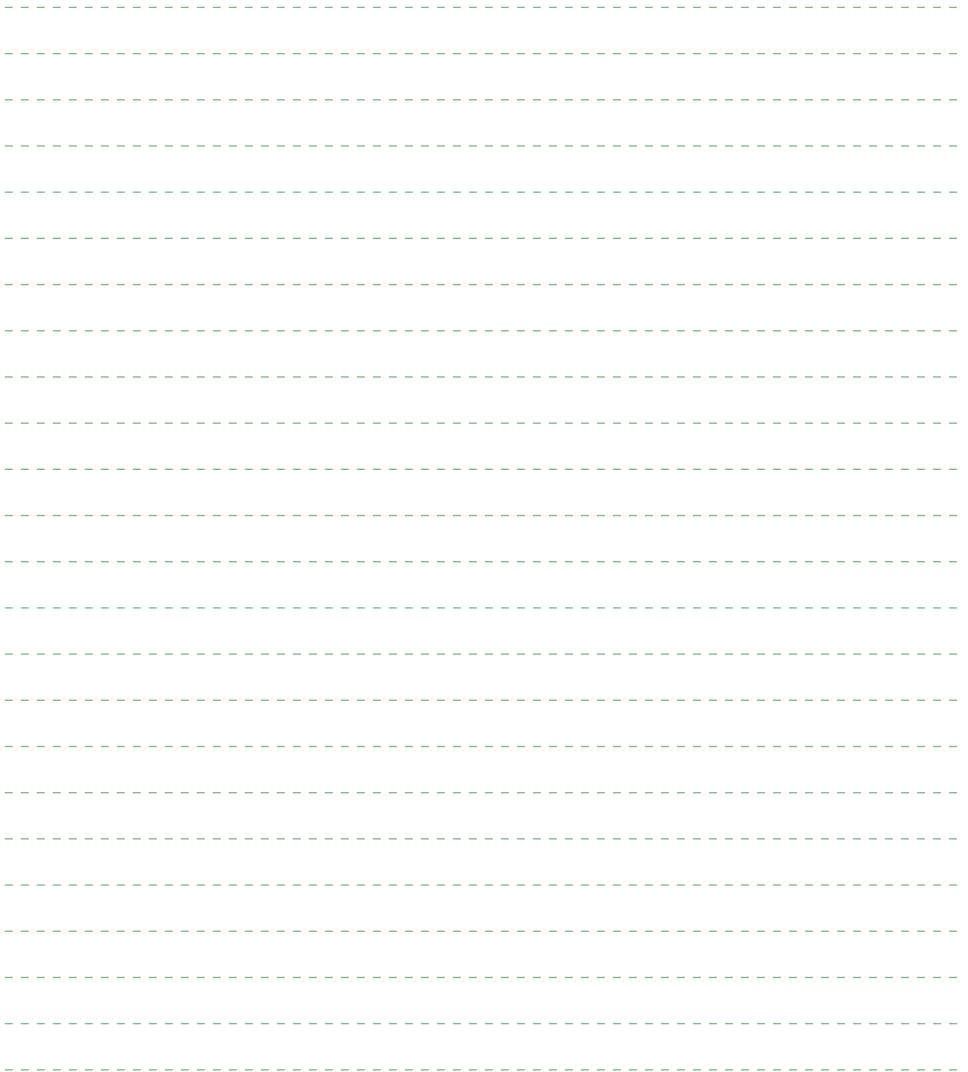
2. _____

3. _____

ROOM FOR NOTES

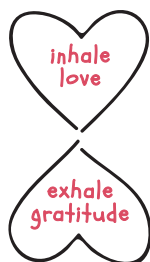


Taking notes makes you smarter.



A series of horizontal dashed lines for handwriting practice, spanning the width of the page.

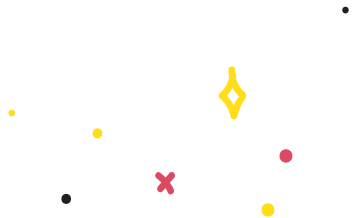
..AND DOODLES 
~~~~~





”

A GRATEFUL  
HEART IS A  
MAGNET FOR  
MIRACLES








”

WHAT IS DONE WITH LOVE  
IS DONE WELL

- Van Gogh -



*Thanks to all who made the QLife project happen!*

 **Team Latvia** - Ginta Salmina, Arta Citko, Rihards Anišs, Arturs Ēkis, Mārcis Tālmanis.  **Team Lithuania** - Raminta Rusovičiūtė, Gustė Ciūnytė, Viktorija Ivančenko, Rūta Kizlaitė, Gintarė Liubinaitė, Liūtaširdė.  **Team Estonia** - Kairi Ong, Marye Kändma, Sander Pettai, Anete Allekörs, Karl Erik Heinsoo, Erki Ivar Orm Heinsoo.