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*The*  
**FIVE-MINUTE**  
**JOURNAL**

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The simplest, most effective thing you  
can do every day to be happier.

CREATED BY  
ALEX IKONN AND UJ RAMDAS



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# ***Dedication***

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To lifelong learners and doers.  
You're changing the world every day.

# *Five reasons why you'll love the Five Minute Journal*

**1 It's the simplest, most effective thing you can do every day to be happier.** It's been proven over and over again that shifting your focus to the positive can dramatically improve your happiness. The key is consistency. With a positive quote every day, a weekly challenge and a structure to help you focus on what's good, you'll find The Five Minute Journal to be a great way to start and end the day.

**2 It's built on proven principles of positive psychology.** Somehow, it took psychologists about 80 years or so to realize it's better to focus on positive behavioural traits as opposed to depression, anxiety and perceptual disorders. This journal has been created by combining practical elements that can make the difference in your life. You've been spared the hours and weeks of moving through dense academic jargon. It's all here and made easy for you to implement in your daily routine.

**3 It's a journal for people who don't write journals.** If you're the kind of person who always wanted to write a journal, but life, excuses and email took precedence, look no further. The Five Minute Journal was designed for you. Whatever your excuses for not keeping a journal are, this notebook will eliminate them.

**4 You'll have a snapshot of your days, weeks, months and years.** When was the last time you saw pictures from a few years ago? Did you pause to feel the nostalgia and smile silently to yourself? Imagine if you could have the same experience by just flipping to a certain day on a specific year in your life, you could zoom in on who you were, what you did and how you felt on that day. It'll be your own chronicle of memories, ideas and dreams.

**5 Have a problem sticking to a commitment? Good.** You will love The Five Minute Journal. Inside you'll find tips and tricks to foolproof your commitment to write frequently. How often do we shirk away from a commitment that's good for us? Overweight doctors, procrastinating professors and unfaithful presidents prove this point. You'll discover simple, effective actions you can take to stay the course. You'll get in the habit of writing this journal every day and focusing on positive changes in your life.

It's all possible. In under five minutes a day.

***Those who  
don't believe  
in magic will  
never find it.***

- ROALD DAHL

The Five Minute Journal is not a magic pill.  
Although, there is certainly some magic at work here.

You still have to do the work in the real world.

Get out of your comfort zone.

Take action and make magic happen.

This journal is your guide.

You are ready.

# 5

## THE CONCEPT

The Five Minute Journal is like a toothbrush for your mind. You write it first thing in the morning and last thing at night.

Amongst an endless stream of negative news, work, and personal problems, the Five Minute Journal helps you focus on the good. It is your mental insurance policy against negative thought loops.

A 2003 study by Emmons and McCullough found that keeping a daily gratitude journal leads to not just an increased sense of well-being but also better sleep, willingness to accept change, and also helped lower symptoms of physical pain.

Through a simple daily format, the Five Minute Journal will help point out the little blessings to make you smile each day, create direction in your days, and track your progress.

The Five Minute Journal is the simplest, most effective thing you can do every day to become happier.

# FIVE MINUTE JOURNAL

## Quick Guide

DATE 03/05/2016 

*Anyone who has a why to live can bear almost any what.*  
-NIETZSCHE

**1** *I am grateful for...*

- I'm grateful for the warm bed that I sleep in.*
- I'm grateful for my body that is working in perfect harmony.*
- I'm grateful for the true and genuine friends in my life.*

**2** *What would make today great?*

- Take extra time for myself before leaving work*
- Write a thank you note to mom*
- Sleep before 10 pm*

**3** *Daily affirmations. I am...*

*I am confident and comfortable in my own skin and I live with passion and purpose.*

**4** *3 Amazing things that happened today...* 

- I remembered to floss*
- A friend recommended a wonderful book for me*
- I saw a cute stranger at the cafe*

**5** *How could I have made today even better?*

*I wake up when the alarm goes off*

*I go to the gym in the morning*

# THE MORNING ROUTINE

**1** **As soon as you wake up**, write 3 things you are grateful for. Get specific. *Remember* - take time to connect with the feeling behind your gratitude before moving on to the next section.

*I am grateful for...*

- I'm grateful for the warm bed that I sleep in.*
- I'm grateful for my body that is working in perfect harmony.*
- I'm grateful for the true and genuine friends in my life.*

**2** Next, write down a list of 3 actions you will take today that would make your day great. Ask yourself how you want to feel at the end of the day and write down actions that would give you that feeling.

*What would make today great?*

- Take extra time for myself before leaving work*
- Write a thank you note to mom*
- Sleep before 10 pm*

**3** Write down a simple statement in the present tense that focuses on what you want to create in your life. The litmus test of how good your affirmation is depends on how you feel after you write it. If it does not resonate, take this as a sign to step back and reassess.

*Daily Affirmations. I am...*

*I am confident and comfortable in my own skin.*

# THE NIGHT ROUTINE

4 **Before going to sleep**, write 3 amazing things that happened during your day. Get specific and remember to connect with the feeling.

### *3 Amazing things that happened today...*

1. *I remembered to floss.*
2. *A friend recommended a wonderful look for me.*
3. *I saw a cute stranger at the cafe.*

5 This is the time to review your day, but there is no need to be harsh! Be honest yet kind to yourself. What action(s) could you have taken today that would have made your day even better? This section is your personal reminder that you have the power to change your perception of the past and influence the future.

### *How could I have made today even better?*

- I wake up when the alarm goes off*
- I go to the gym in the morning*

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# *My Commitment*

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I, \_\_\_\_\_, commit to writing *The Five Minute Journal* for at least 5 days in a row, starting \_\_\_\_\_.

Writing this journal is really important to me because,

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

If I finish 5 days of writing this journal, I will reward myself with

\_\_\_\_\_

If I don't finish 5 days of writing this journal, I will promise to

\_\_\_\_\_

I will do the following things to ensure that I will do *The Five Minute Journal* every day:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



DATE \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

*On their deathbeds, people don't think about their work or their life experiences or the items remaining on their to-do list. They think about love and family.*

**RICK RUBIN**

*I am grateful for...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*What would make today great?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Daily affirmations. I am...*

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DATE \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

*Those that are a friend to themselves are sure to be a friend to all.*

**LUCIUS ANNAEUS SENECA**

*I am grateful for...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*What would make today great?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Daily affirmations. I am...*

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*3 Amazing things that happened today...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*How could I have made today better?*

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*3 Amazing things that happened today...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*How could I have made today better?*

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DATE \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

*He who has a why to live for can bear with almost any how.*

VICTOR FRANKL

*I am grateful for...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*What would make today great?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Daily affirmations. I am...*

\_\_\_\_\_

\_\_\_\_\_



DATE \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

*By facing fear you've opened to a love great enough to hold the fearful one inside you.*

TARA BRACH

*I am grateful for...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*What would make today great?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Daily affirmations. I am...*

\_\_\_\_\_

\_\_\_\_\_



*3 Amazing things that happened today...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*How could I have made today better?*

\_\_\_\_\_

\_\_\_\_\_



*3 Amazing things that happened today...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*How could I have made today better?*

\_\_\_\_\_

\_\_\_\_\_



DATE \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

*You only live once, but if you do it right, once is enough.*

MAE WEST

*I am grateful for...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*What would make today great?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Daily affirmations. I am...*

\_\_\_\_\_

\_\_\_\_\_



*3 Amazing things that happened today...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*How could I have made today better?*

\_\_\_\_\_

\_\_\_\_\_

# ***IN THE FULL FIVE MINUTE JOURNAL***

*The Five Minute Journal is one of the simplest ways that I have found to consistently ensure improving my well being and happiness. Both in terms of achievement and actual measurable, quantifiable results.*

TIM FERRISS, NEW YORK TIMES BESTSELLING AUTHOR

- Six months worth of journaling with inspiring quotes and weekly challenges.
- Expanded introduction with in-depth explanations how to best use each section of the Five Minute Journal.
- Beautiful linen bound hardcover.

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For assistance, email us at [hello@intelligentchange.com](mailto:hello@intelligentchange.com)