Starting Over Now↗ Discovery/Action Journal

Keep this list in your desk drawer at work, kitchen, nightstand or purse. Jot down one positive thing you've discovered every day, someone you've shared it with and how you plan to apply the information. Then notice what starts to change! The same list may be kept on an index card in your pocket.

I **"Discovered"** today that….	Who I shared this with…..	The **"Action"** I will take to move into better alignment with my vision…