I don't want to but...

Journal

Grow Zone Layer

WHERE OPPORTUNITY MEETS GROWTH

I want to

Check all those that apply

- [ ] Feel good in my own skin
- [ ] Further my leadership potential
- [ ] Grow my self confidence
- [ ] Educate myself about money
- [ ] Create a positive habit
- [ ] Quiet my inner voice
- [ ] Sync my body and brain
- [ ] Might be addicted to my device
- [ ] Set & achieve goals
- [ ] Surround myself by inspiring people
- [ ] Be OK with sitting still
- [ ] Feel like I belong
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Where & Why 3-5 minutes a day?

Check all those that apply

- [ ] 3-5 mins less scrolling
- [ ] 3-5 mins less watching not posting
- [ ] 3-5 mins watching 1 more reel
- [ ] Staying up later than I should
- [ ] Prioritising my brain health
- [ ] Learning something new
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____



The Science

A 2018 STUDY BY F. SMYTH, FOUND THE **ACT OF JOURNALLING DAILY** HELPED **REDUCE ANXIETY AND STRESS**, **IMPROVED PROBLEM-SOLVING** SKILLS, **ENHANCED EMOTIONAL REGULATION** TO MORE **SUCCESSFULLY MANAGE** NEGATIVE EMOTIONS LIKE **SELF-DOUBT OR FEAR OF FAILURE.**

IN MAY 2024, THE SURGEON GENERAL IN THE USA DECLARED A LONELINESS & SOCIAL ISOLATION EPIDEMIC. **THE NEED FOR NEW TOOLS IS REAL.**
THROUGHOUT THIS JOURNAL YOU WILL FIND SCIENCE SUPPORTING THE 3 SMALL WAYS, **IF DONE CONSISTENTLY,** WILL PROFOUNDLY ENHANCE THE QUALITY OF YOUR LIFE.

3 Step Daily Journalling Challenge

01 : Body 

BREATHING practice

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02 : Brain 

CURIOSITY asking q's

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03 : Action 

PAY IT FORWARD

WHY A BREATHING PRACTICE ?

If it’s good enough for Navy Seals... (America's elite Special Ops forces)





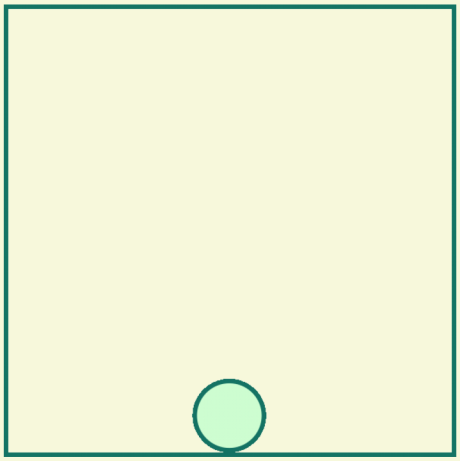
When conscious Box Breathing becomes a daily practice it permanently alters your ability to better handle stress and anxiety, enhances mental and emotional awareness and improves retention, control and focus. Great for school, work, home, friendships, conflict and challenges!

The Science

"BOX BREATHING HELPS YOU TO TRAIN YOUR BREATH FOR OPTIMAL PHYSICAL AND MENTAL HEALTH PERFORMANCE"
SAYS MARK DIVINE, FORMER US NAVY SEALS COMMANDER.

HOW TO Box Breathe

When conscious Box Breathing becomes a daily practice it permanently alters your ability to better handle stress and anxiety, enhances mental and emotional awareness and improves retention, control and focus. Great for school, work, home, friendships, conflict and challenges



4 STEPS

:1: Breathe in slowly through nose. over 4 secs. Fill your lungs, until you feel them pushing against the external walls of your body
2: Hold your breathe for 4 secs
3: Empty your lungs through mouth, 4 secs
4: Relax, don't breath for 4 secs. Repeat!

Why: Breathing exercises help you take control of how you feel. With practice, they become a free and portable tool you can use anytime to feel calmer and more in control.

How It Works: By focusing on your breath and counting to four, you distract your mind from stress, calm your nervous system, and help your body relax. This makes it easier to think clearly, respond calmly, and handle challenges better.

W**hen It Helps:** Starting something new, nervous before an interview or review, speech or tough conversation, when feeling stressed, worried, or unsure about fitting in.

When and How to Practice: Practice every day, even for just a few moments. Start with 3 rounds, building to 1 minute, then 5 minutes a day. Try it first thing in the morning, on the bus, or during a walk.

The Goal: A little practice each day gives you a simple, powerful tool to handle life's challenges with calm and confidence!

Why Be Curious?

3 Benefits

1: A successful coping mechanism for the Spotlight Effect, to be used in new or socially uncomfortable situations

2: It helps us stand in someone else's shoes,. Perspective is a fantastic tool in resolving conflict, successful leadership and much more.

3: Everyone has a story if we take the time to ask and listen. It grows our empathy muscle, an essential ingredient for meaningful connection with others.



The Science

Research by Ralph G. Nichols, known as the "father of listening" determined people talk at 125-175 words per minute, but we can listen at 400-500 words per minute, which is why people tend to get distracted during conversations, and can often appear not to be listening to you. "Active listeners retain 40% more information" Brownell (2012).

The Spotlight Effect

This phenomenon, stronger in new or stressful situations and makes us think we are constantly in the spotlight. This can make us feel self conscious at work, social settings and online. The study below explains most people are too focused on themselves to notice our every move.

The Science

A study involving participants wearing embarrassing t-shirts thought that 50% of their peers noticed, but in reality, only 23% did.

This highlights the gap between perceived and actual attention. The Spotlight Effect is a psychological experience where we overestimate how much others notice,
or judge us



Keep perspective and focus on the bigger picture—it's not about being perfect; it's about showing up.

Asking thoughtful questions is a powerful way to shift attention outward. It helps ease self-consciousness and creates meaningful conversations.

Perspective

The Science

According to Victor Fankl, Holocaust Survivor and neurologist cultivating curiosity and perspective can be learned, even in the most difficult circumstances.
It helps us to build resilience and find true meaning in our lives.





Seek Perspective vs Judge others

Being able to see the same situation through another persons lens (achieved by asking questions) creates fascinating “aha” moments, which stimulates plasticity in and therefore brain growth. Perspective helps build understanding of poeple and situations, empathy and respect for others.

These are admirable traits and an invaluable Leadership tool for conflict resolution, interviewing & choosing the people you surround yourself with.

PRACTICE THE ART OF

Asking Questions

Curiosity is a learnable trait , commonly shared by some of the most interesting and successful people : Mark Rober, Steve Jobs, Malala Yousafzai, Walt Disney, Albert Einstein, Richard Branson.

EASY IDEAS

Do you know where ...?	People love to be helpful!!
What did you...?	anything relevant to the day...
Have you ever...?	seen, been, tried....
Do you...?	like, have, want...
Pet Questions?	People love their pets, easy conversations

*Consider using AI for more ideas

Pay it Forward

...and it will become effortless

WE ARE NEVER

too YOUNG, OLD, POOR, WEALTHY, UNWELL, SAD, COOL .....

to pay it forward

- build human connection
- craeate a sense of belonging
- combats loneliness
- create better leaders
- helps you feel seen
- doesn't have to cost anything
- reaffirms you "matter" in the world
- creates a knock on effect

The Science

A Pay it Forward study by Fowler and Christakis (2010), showed a single act of kindness can lead to a chain reaction spreading up to three degrees

AI IS GREAT FOR IDEAS !

Pay it Forward

In 2014, at a Starbucks drive-thru in Florida, a woman paid for the next customer's order, sparking a chain reaction.

For 11 hours, over 370 people kept paying it forward, covering the cost of the next person's coffee in line

Random acts of kindness create a ripple effect that keeps spreading.

Paying it forward, not only benefits those around you, but yourself too.

You never know how much impact your small act of kindness will have!

What a cool gift to the world!

1: Compliments

I like your dog

Love your earrings!

Great colour on you!

2: Appreciation & Gratitude

3: Take Action

Do random acts, unasked, without seeking credit.

Don't text, send a note!

Hold the door open



HOW to journal successfully

3 Easy Steps. Easy to Do so why don't we.? We need a plan

1: Decide on a place to keep your journal. Beside your bed or under your bed so you can write in it first thing or last thing at night

2: Always keep a pen with your journal

3: Set a reminder alarm, until you form a habit of writing daily

Less than 3 minutes a day to make a difference

Start today!

You might not want to, BUT ? Is "what" you are doing instead, moving you forward?

If you miss a day, start again the following day!

Many studies cite journalling as a transformative tool for enhancing both mental and physical health

Start building your resilience from the inside out to unleash your untapped potential within!

DATE: **CIRCLE TODAY'S MOOD** 🤩 😄 😋 😐 😎 😇 😩 🙄

HOW I PAID IT FORWARD TODAY? BONUS Q: HOW IT MADE ME FEEL	QUESTIONS I ASKED & NEW PERSPECTIVE I LEARNED

BOX BREATH PRACTICE TODAY

☐ Yes ☐ No

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BONUS Q: SOMETHING I AM GRATEFUL FOR TODAY:

Which fork in the road are you taking? Go easy or go big?



Journalling is easy. The decision to commit to a new habit-to get ahead-BIG!!!

Grow Zone Layer

WHERE OPPORTUNITY MEETS GROWTH

www.growzonelayer.com
support@growzonelayer.com