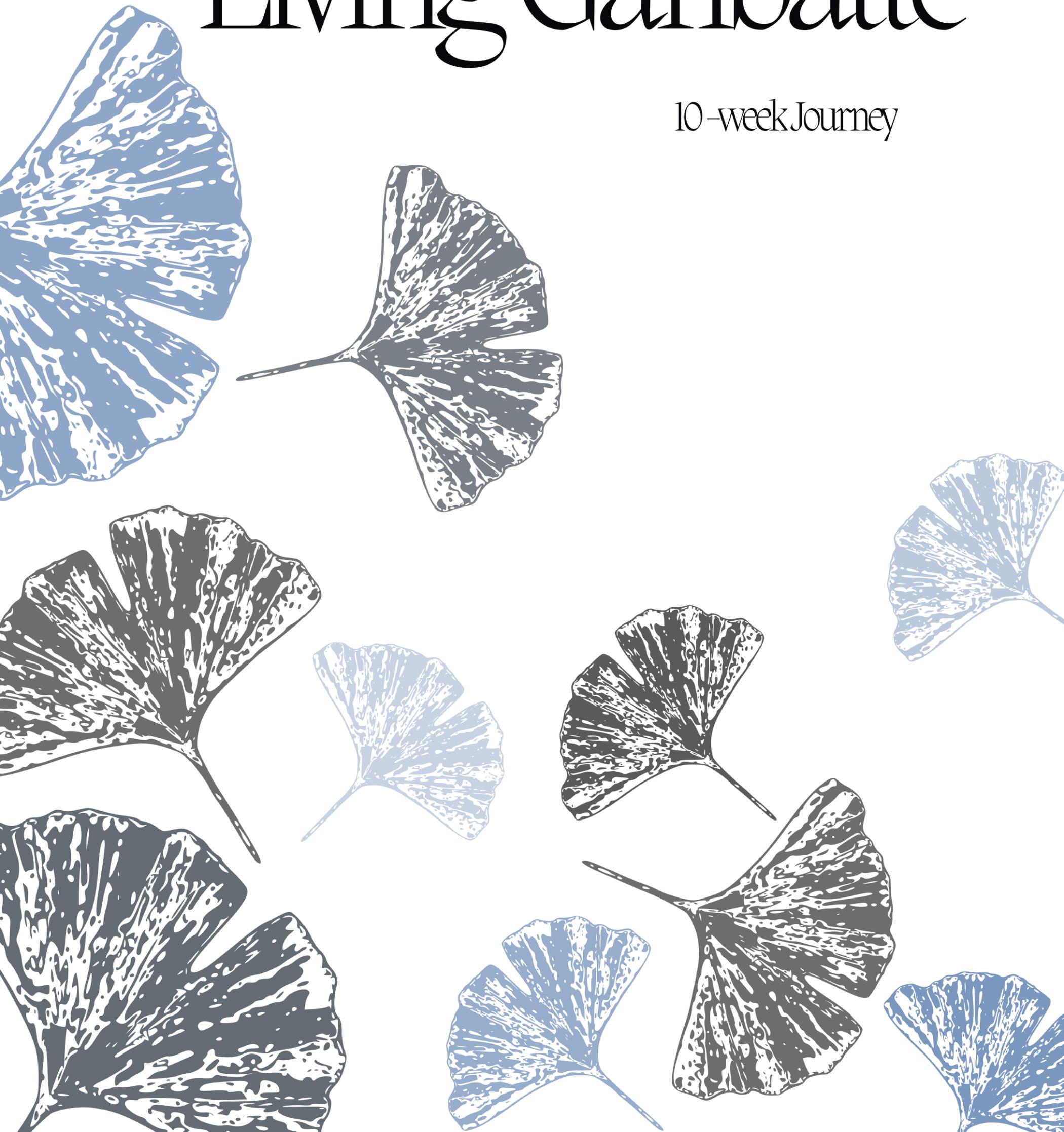
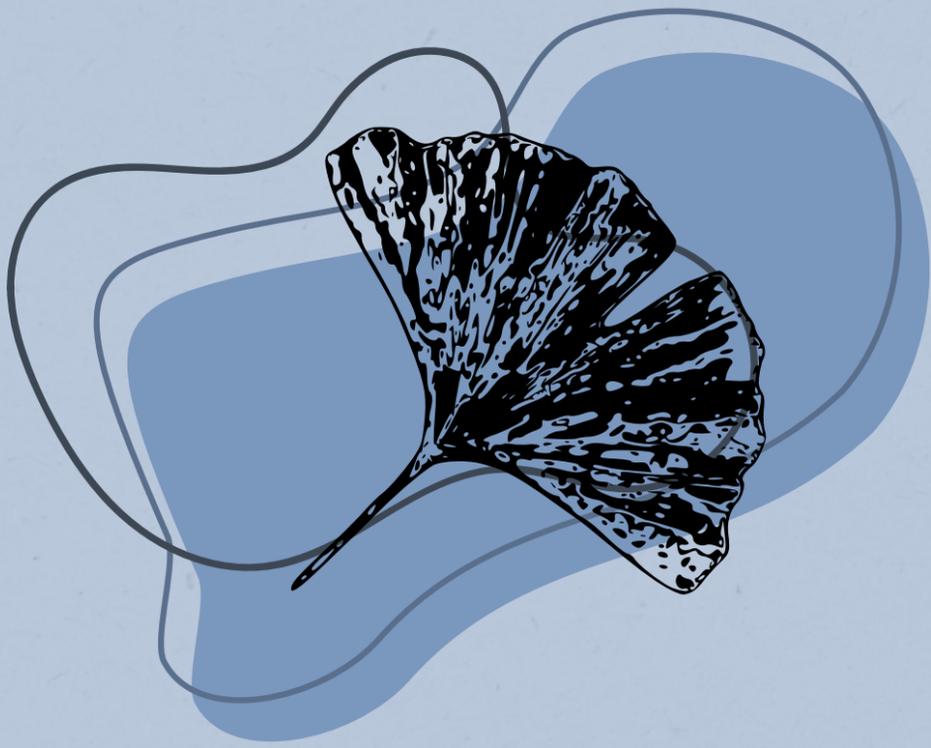


# The path *to* Living Ganbatte

10-week Journey

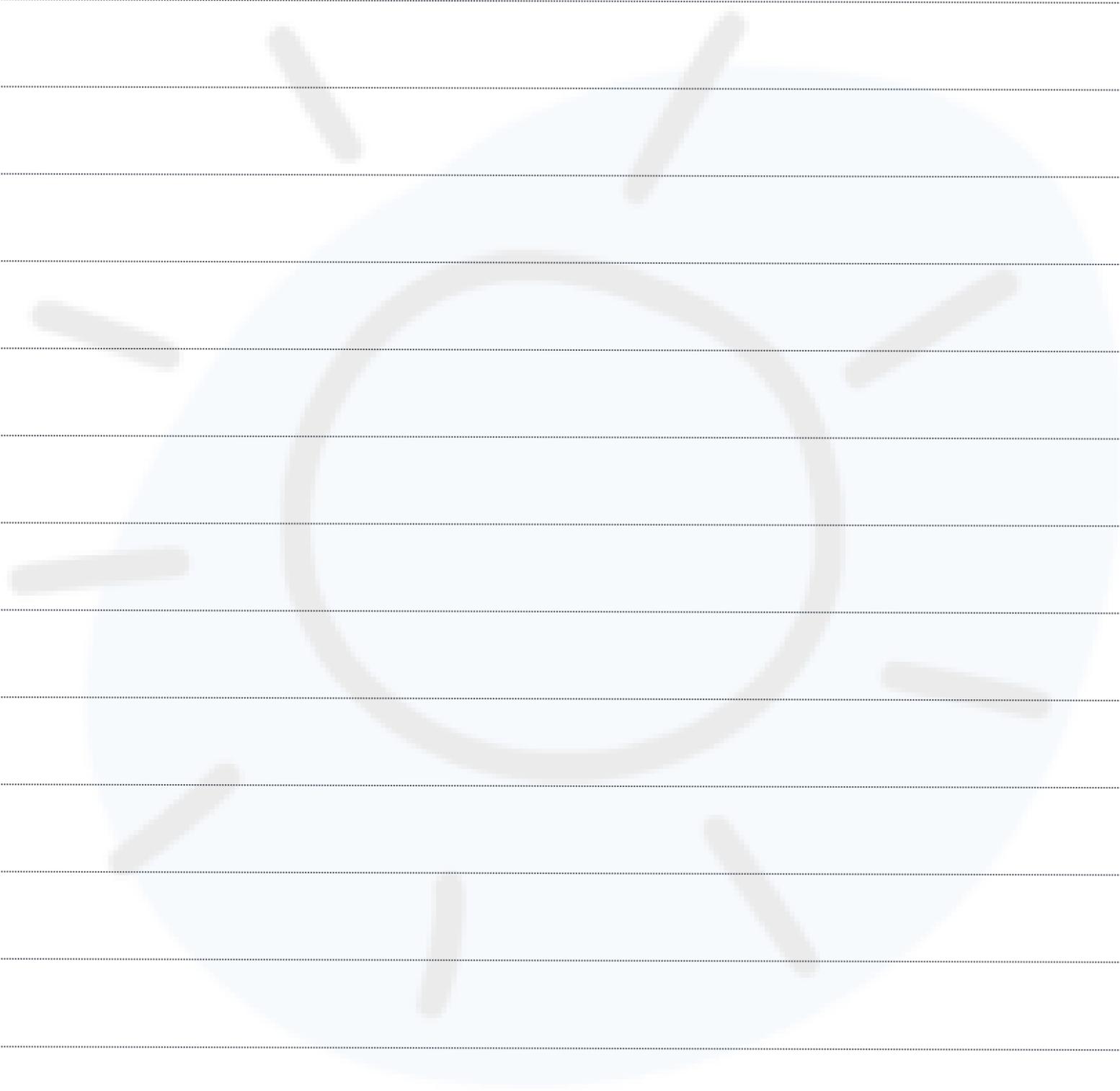


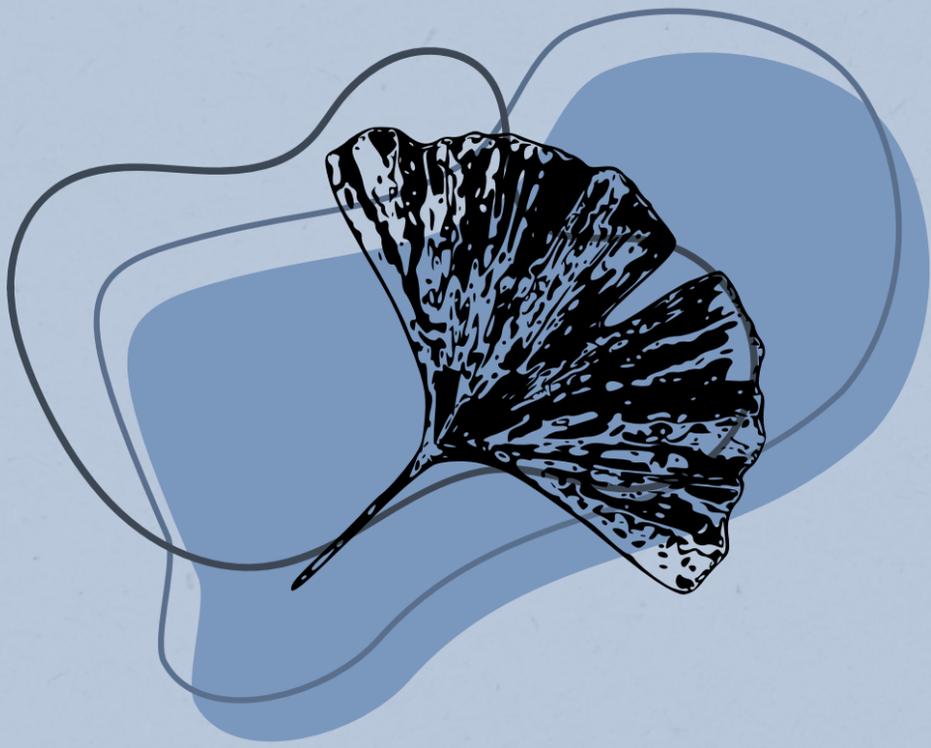


This journal belongs to:

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What do you want to learn about yourself  
over the next 10 weeks?





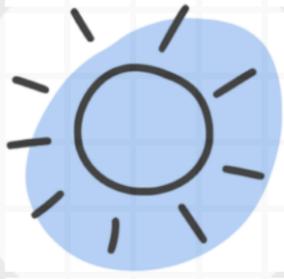
WEEK 1

How are you feeling today?



Why?

A large rectangular area with a light blue background and horizontal lines, intended for writing an answer to the question "Why?".



# Ganbatte

## SELF-REFLECTION - WEEK 1

WHAT MAKES YOU FEEL POWERFUL?

THE ONLY WAY PEOPLE  
GIVE UP THEIR POWER, IS  
TO THINK THEY DO NOT  
HAVE ANY.

WHAT MADE ME FEEL POWERFUL TODAY?

PERCEPTION IS REALITY.

# Just Breathe

## 4 - 7 - 8 Technique

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- Find a quiet place to focus on breathing
- Close your eyes
- Breathe in for 4 seconds
- Hold that breath for 7 seconds
- Breathe out for 8 seconds
- Repeat, and focus only on your breaths









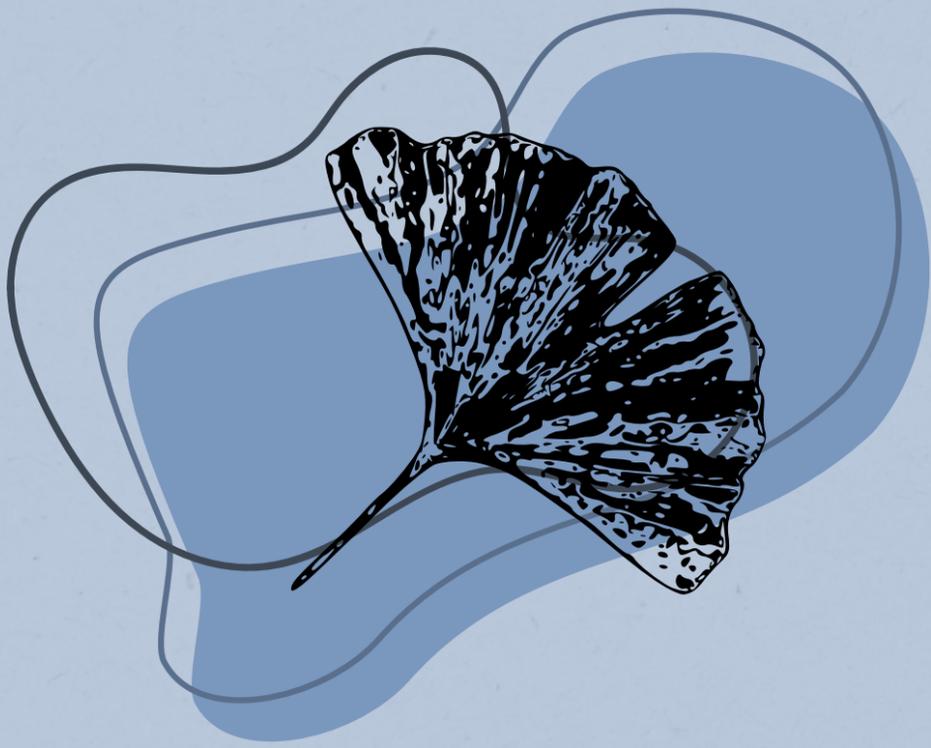
# 3 Mindful Thoughts

Date

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Week 1



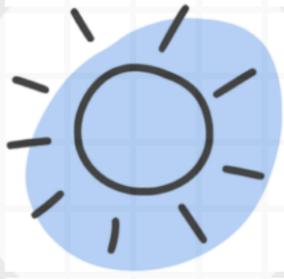
WEEK 2

How are you feeling today?



Why?

A large rectangular area with a light blue background and horizontal lines, intended for writing an answer to the question "Why?".



# Ganbatte

## SELF-REFLECTION - WEEK 2

WHAT MAKES YOU FEEL IN CONTROL?

LET GO OF THINGS YOU  
CANNOT CONTROL.

WHAT MADE ME FEEL IN-CONTROL TODAY?

IF YOU LEARN SELF-  
CONTROL, YOU CAN MASTER  
ANYTHING.



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# Thank You

## Gratitude Exercise

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**There are many things in our lives, large and small, that we might be grateful about. Think back over the past week and write below up to five things in your life that you are grateful or thankful for.**

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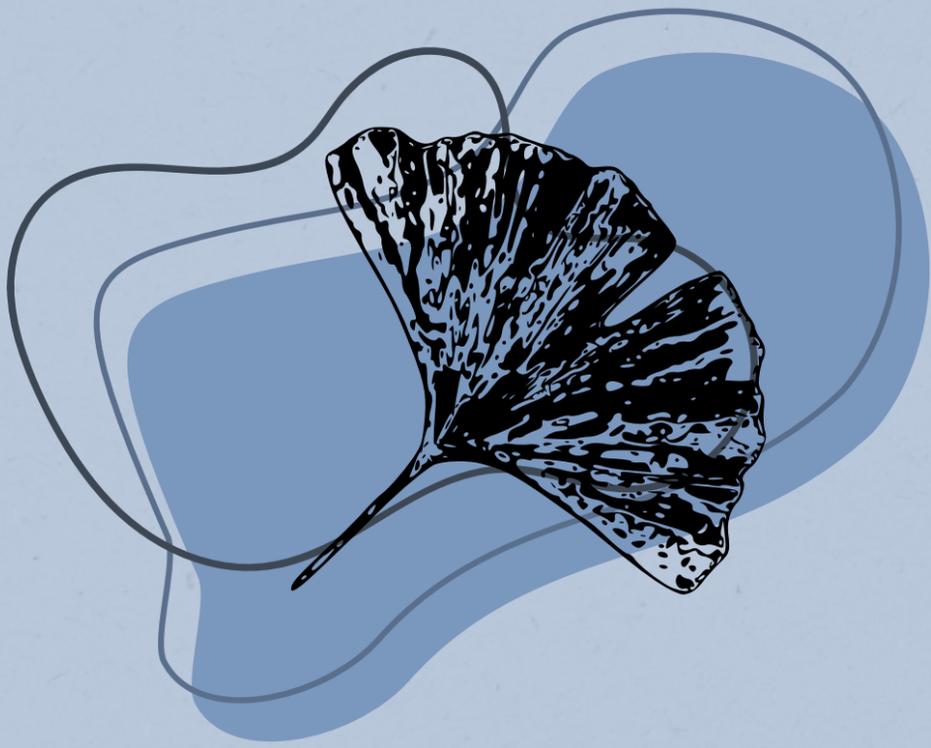
# 3 Mindful Thoughts

Date

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Week 2



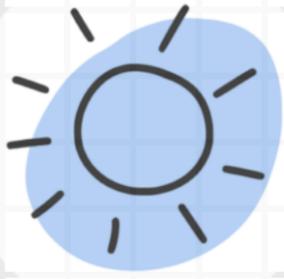
WEEK 3

How are you feeling today?



Why?

A large rectangular area with a light blue background and horizontal lines, intended for writing an answer to the question "Why?".



# Ganbatte

## SELF-REFLECTION - WEEK 3

WHAT'S A GOAL YOU WANT TO ACCOMPLISH AND WHY?

NO MATTER WHERE YOU  
ARE FROM, YOUR DREAMS  
ARE VALID.

HOW WILL YOU MAKE PROGRESS THIS WEEK?

DREAMS DON'T WORK,  
UNLESS YOU DO.

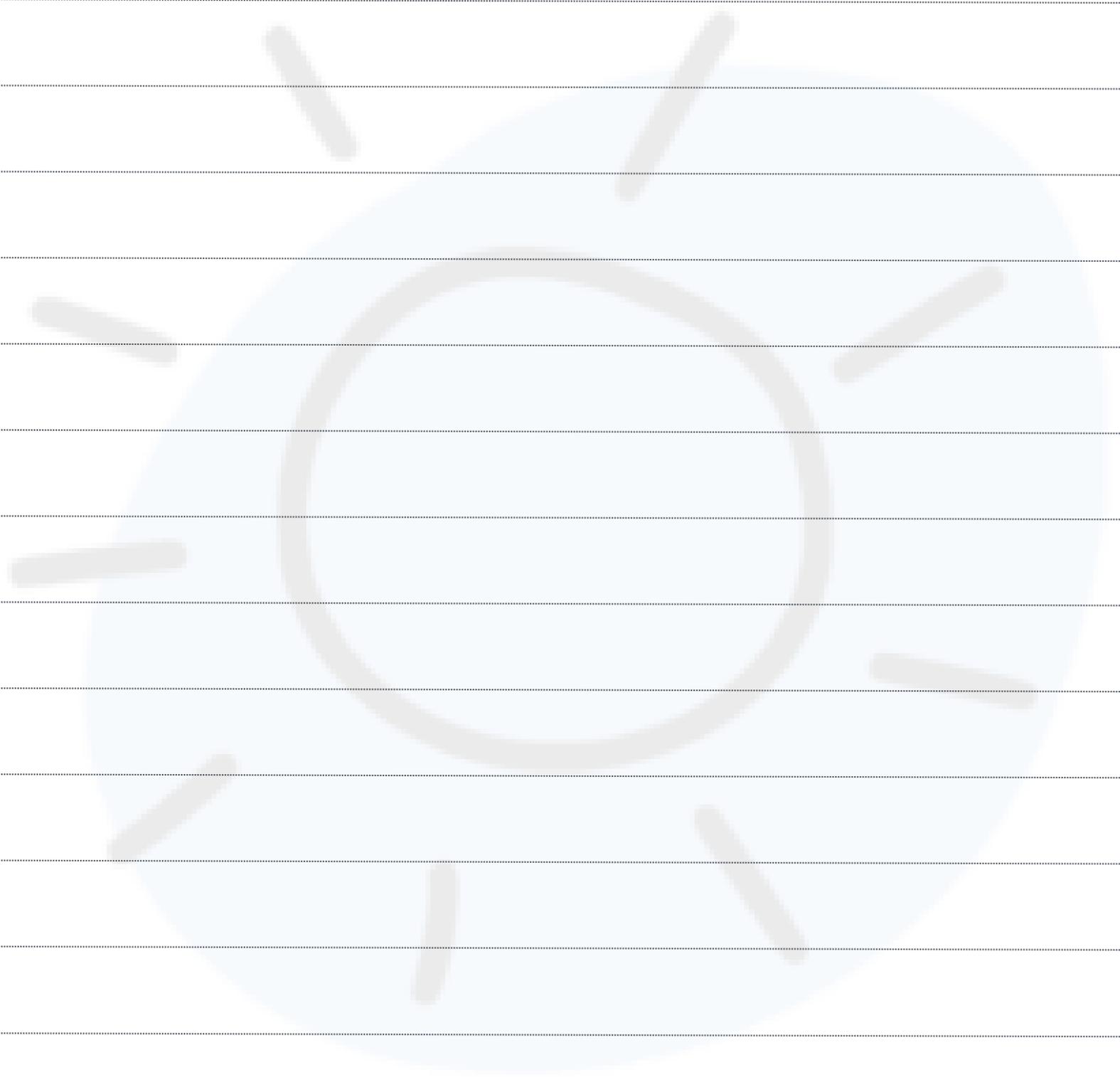
# Walk It Off

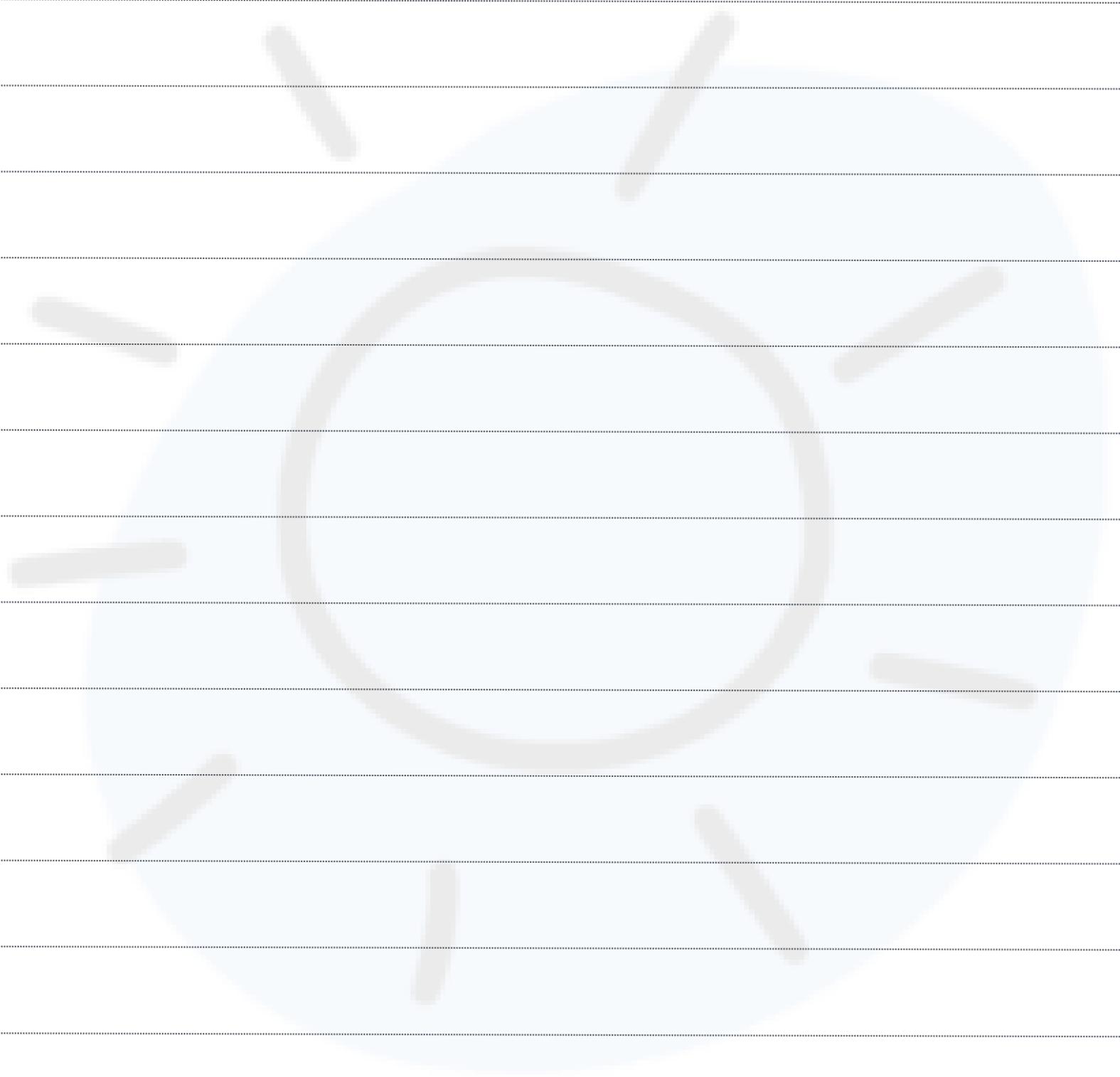
## Walking Meditation

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- Find a quiet place 10 to 20 feet in length
- Begin to walk slowly
- Focus on the experience of walking
- Being aware of the sensations of standing and the subtle movements that keep your balance
- When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.









# 3 Mindful Thoughts

Date

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Week 3



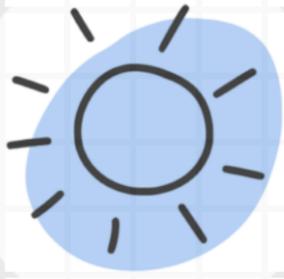
WEEK 4

How are you feeling today?



Why?

A large rectangular area with a light blue background and horizontal lines, intended for writing an answer to the question "Why?".



# Ganbatte

## SELF-REFLECTION - WEEK 4

HOW DO YOU RECHARGE?

TAKING TIME TO DO NOTHING OFTEN BRINGS EVERYTHING INTO PERSPECTIVE.

HOW ARE YOU GOING TO RECHARGE TODAY?

SOMETIMES THE MOST PRODUCTIVE THING YOU CAN DO IS RELAX.



# Projections

## Reflection Activity

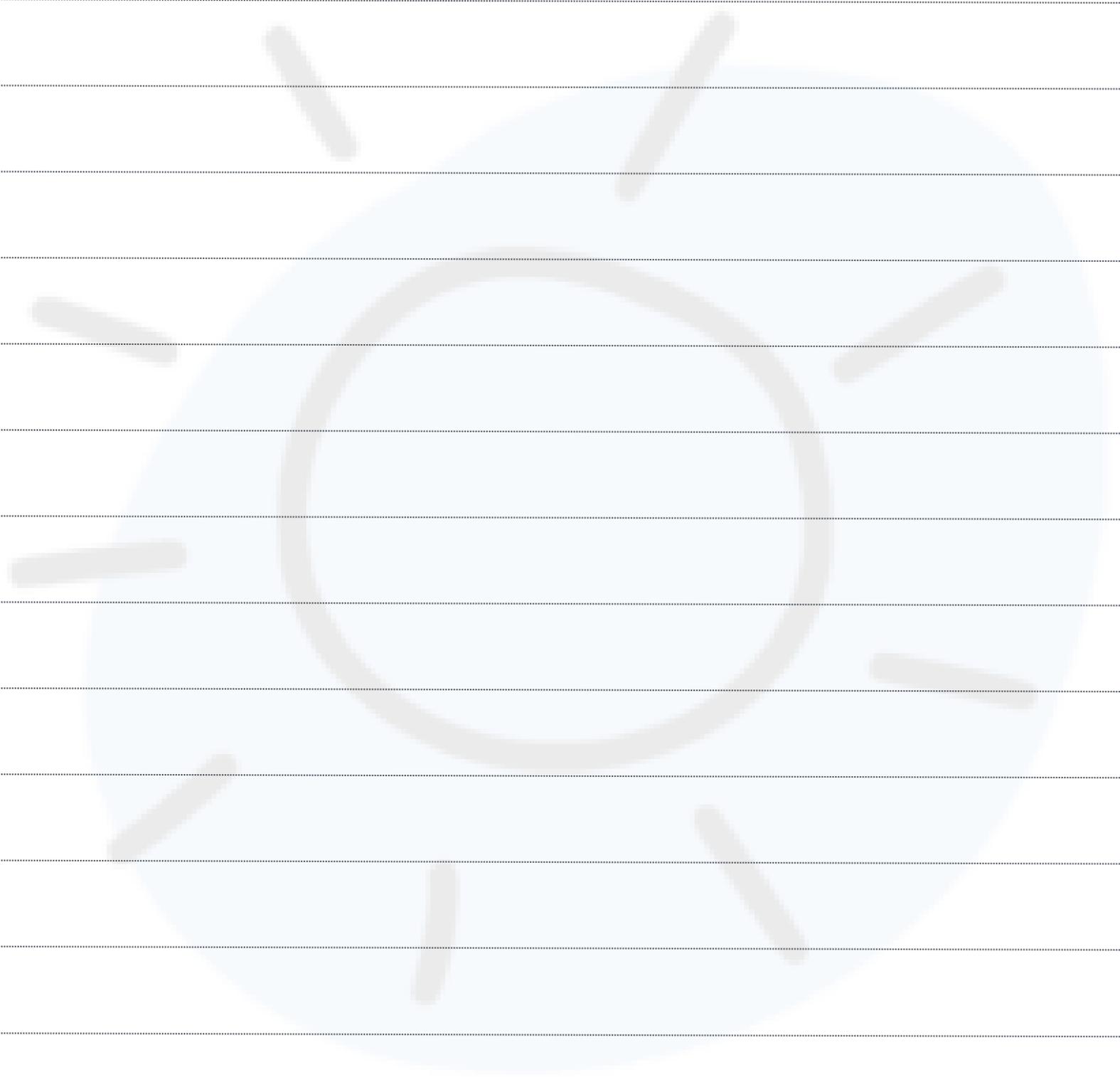
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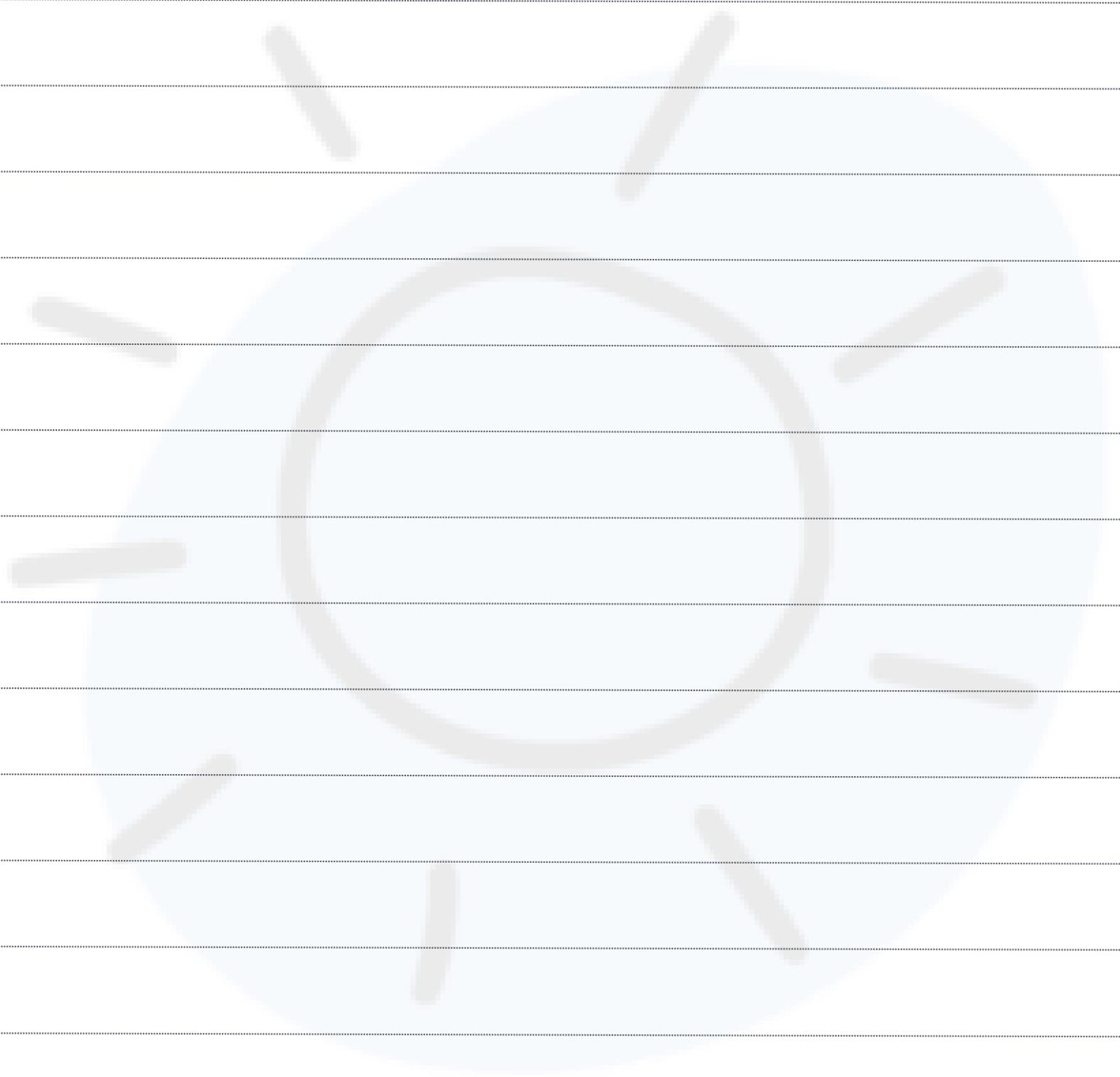
**Tune into your recollection of the day**

What, if anything, went wrong today?

What positive things happened today?

What am I grateful for today?









# 3 Mindful Thoughts

Date

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Week 4



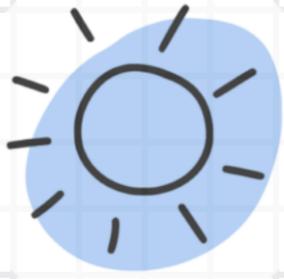
WEEK 5

How are you feeling today?



Why?

A large rectangular area with a light blue background and horizontal lines, intended for writing an answer to the question "Why?".



# Ganbatte

## SELF-REFLECTION - WEEK 5

WHAT CAN YOU DO TODAY THAT YOU COULDN'T A YEAR AGO?

SUCCESS IS THE SUM OF  
SMALL EFFORTS, REPEATED  
DAY IN AND DAY OUT.

WHAT DO YOU THINK LED TO THAT GROWTH?

CHANGE IS INEVITABLE,  
PERSONAL GROWTH IS A  
CHOICE.

# Be Present

## Awareness Activity

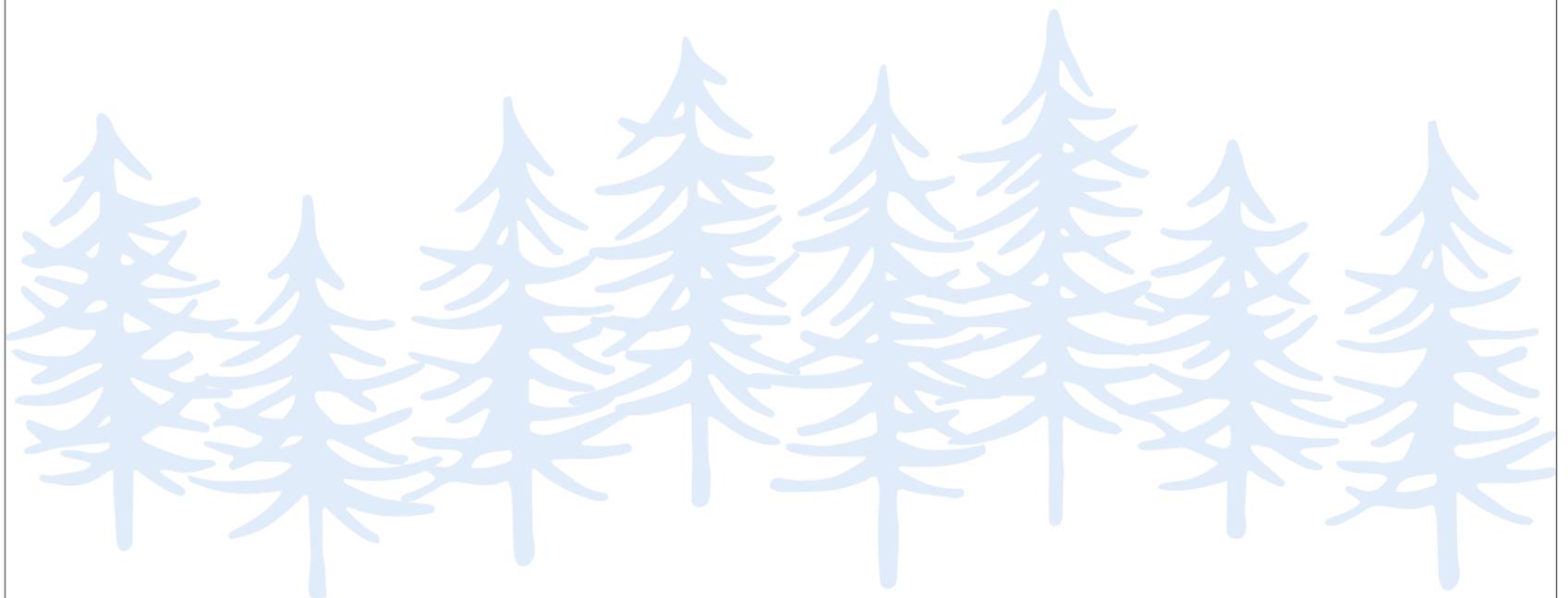
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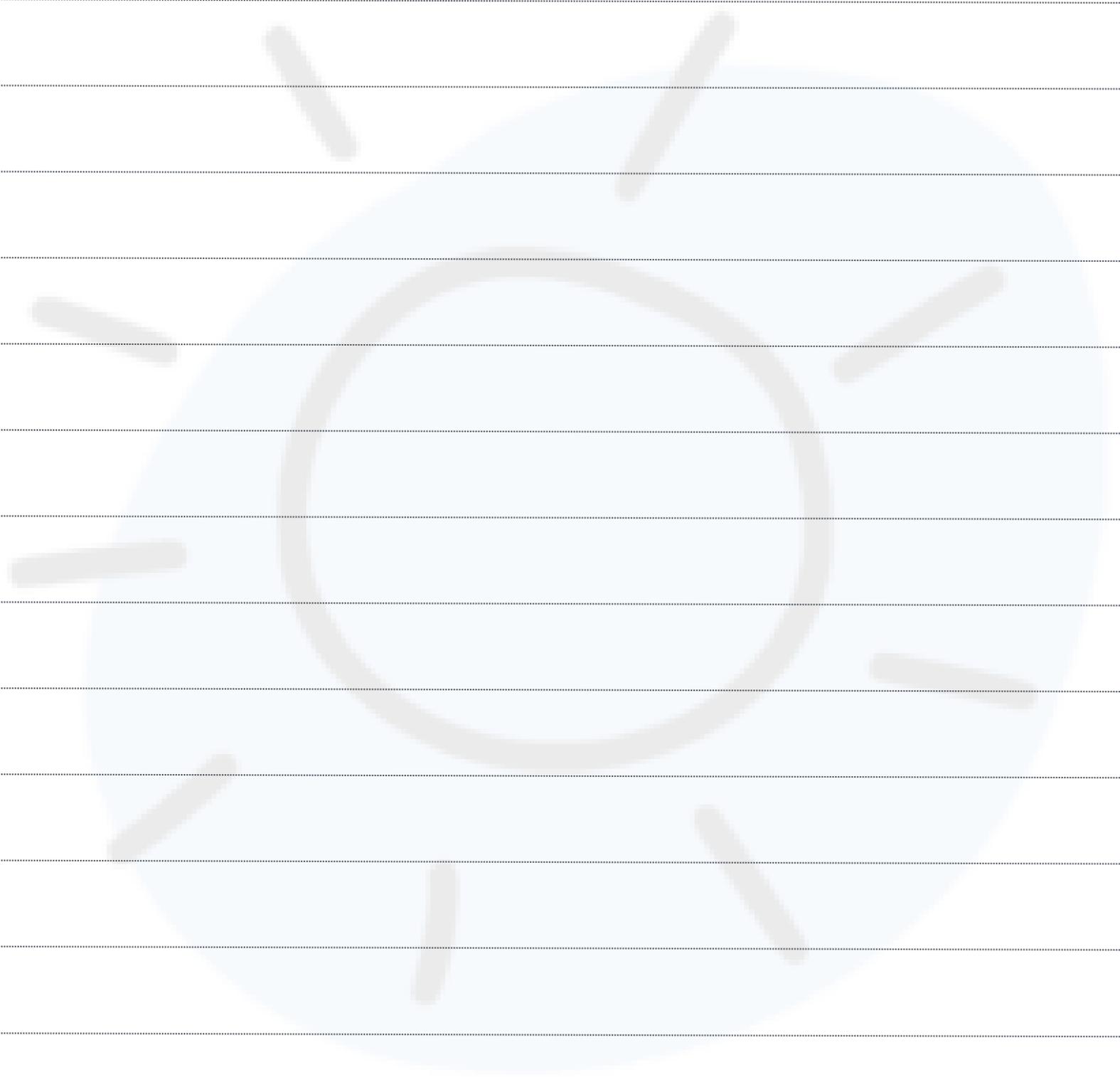
Tune into the environment around you

Right now I can see...

Right now I can hear...

Right now I can smell, taste, feel...











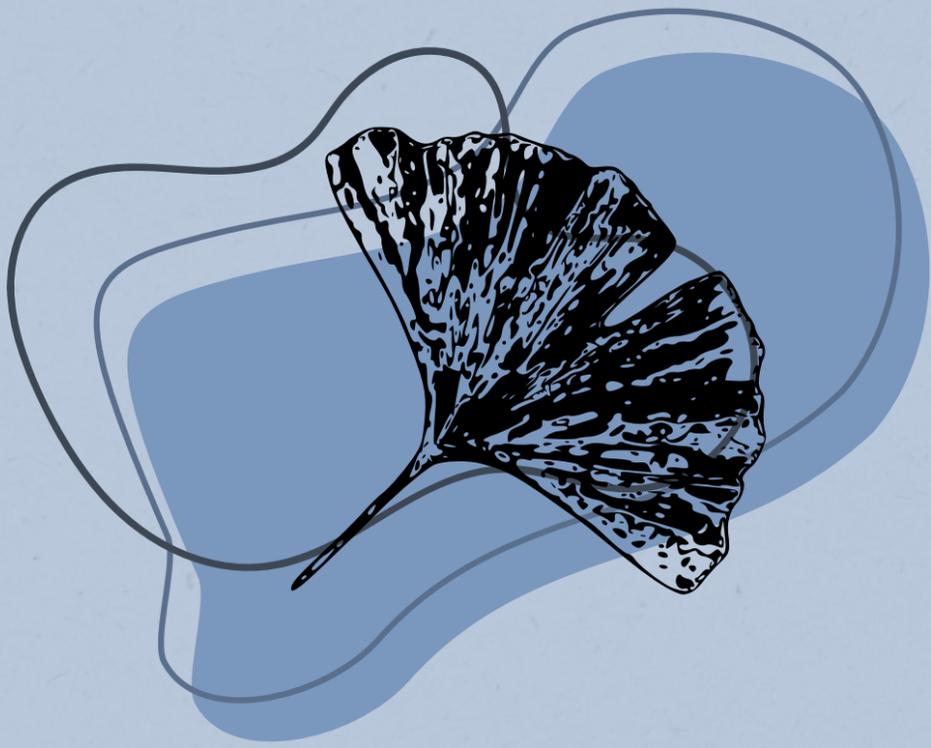
# 3 Mindful Thoughts

Date

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Week 5



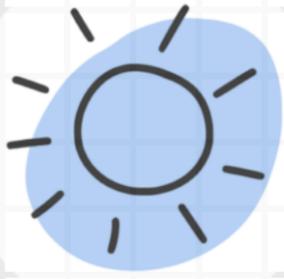
WEEK 6

How are you feeling today?



Why?

A large rectangular area with horizontal blue lines, intended for writing an answer to the question "Why?".



# Ganbatte

## SELF-REFLECTION - WEEK 6

HOW DO YOU PRACTICE SELF-ACCEPTANCE?

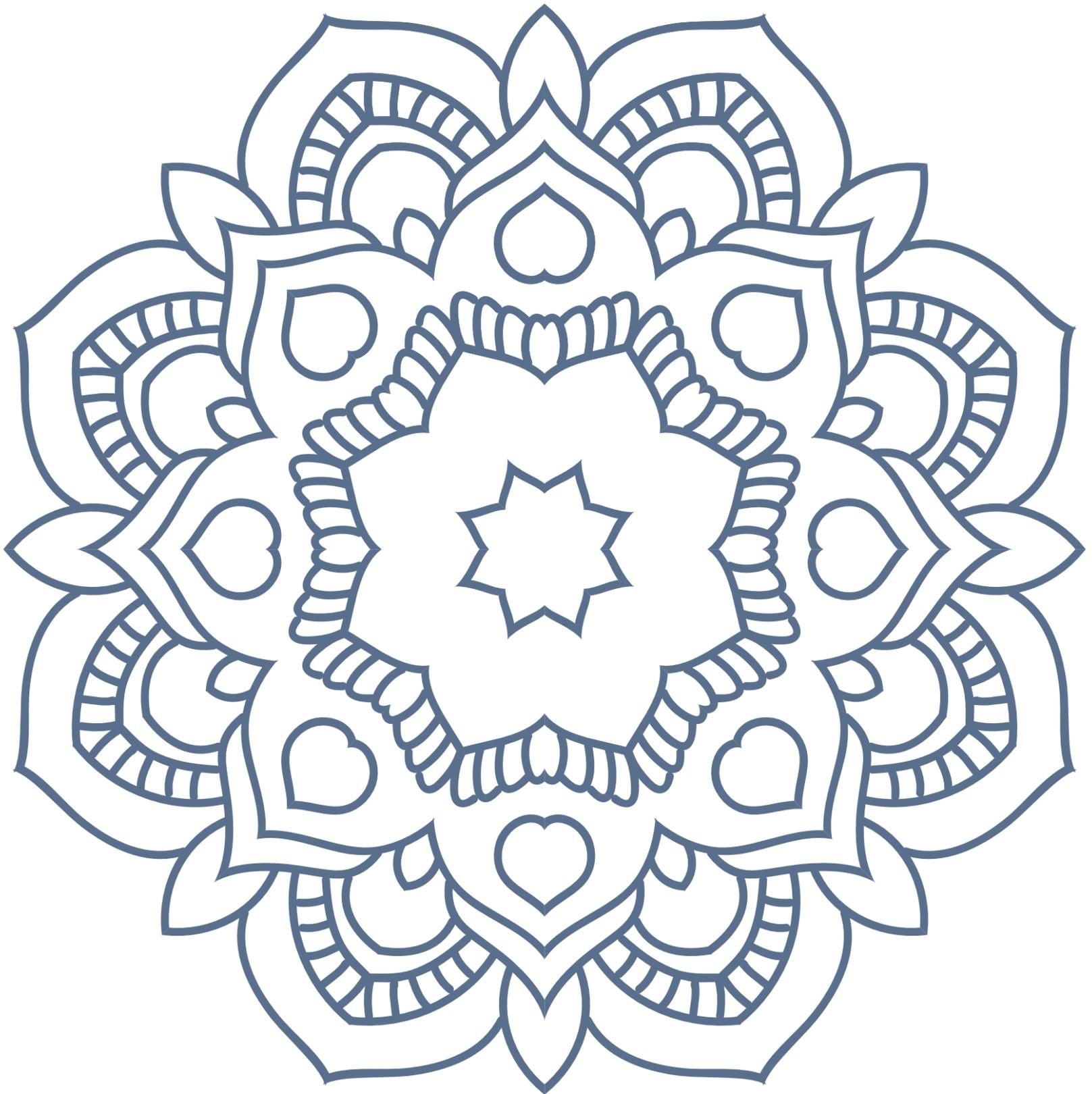
NO AMOUNT OF SELF  
IMPROVEMENT WILL MAKE  
UP FOR A LACK OF SELF-  
ACCEPTANCE.

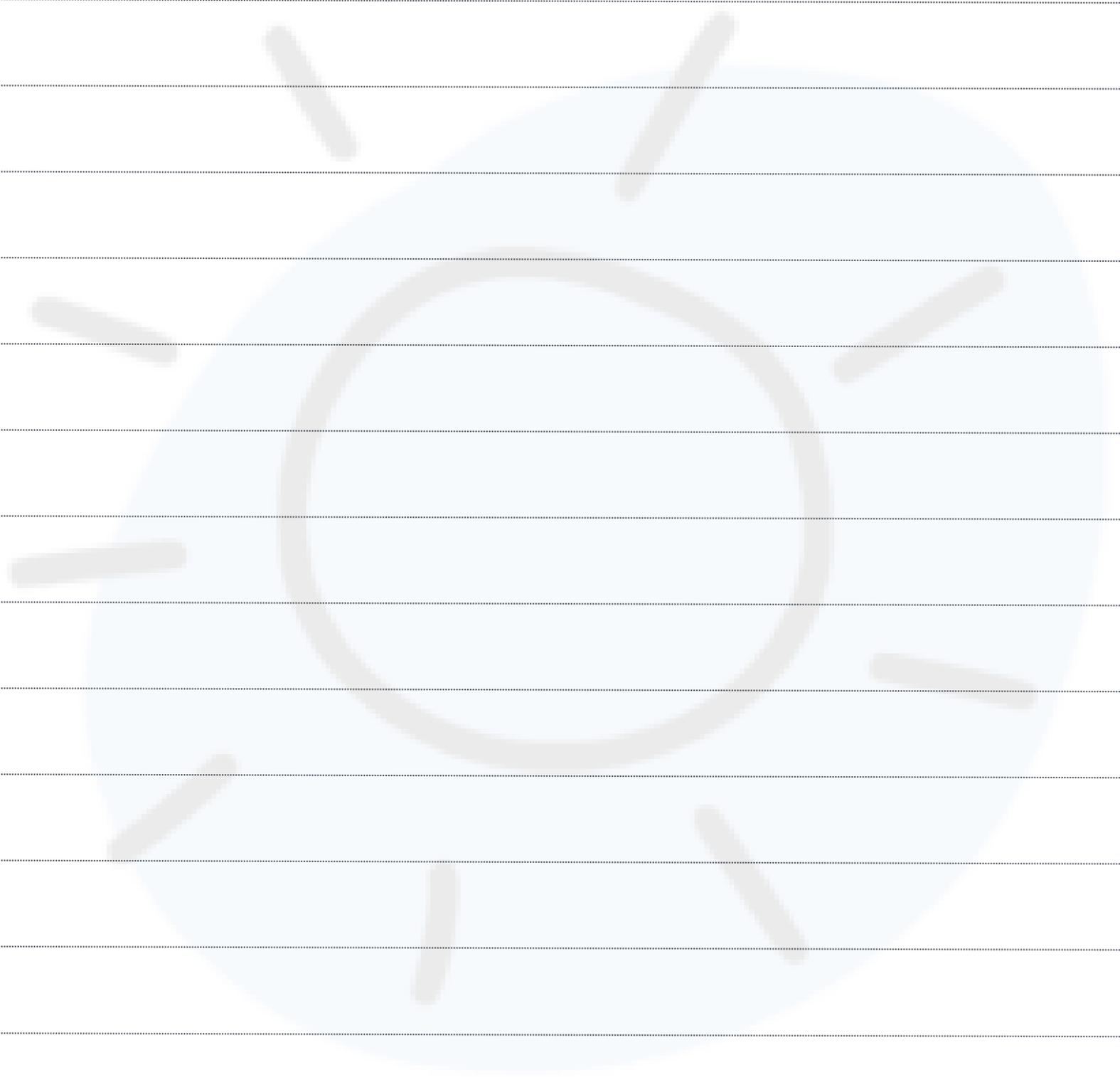
WHAT CAN I DO THIS WEEK TO ACCEPT MYSELF?

IF YOU HAVE THE ABILITY  
TO LOVE, LOVE YOURSELF  
FIRST.

# Life in Color

Coloring Exercise











# 3 Mindful Thoughts

Date

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Week 6



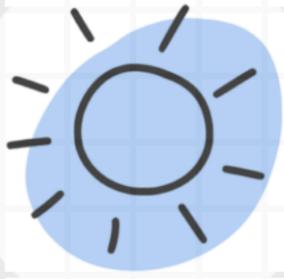
WEEK 7

How are you feeling today?



Why?

A large rectangular area with a light blue background and horizontal lines, intended for writing an answer to the question "Why?".



# Ganbatte

## SELF-REFLECTION - WEEK 7

HOW DO YOU ADVOCATE FOR YOURSELF?

DON'T COMPROMISE  
YOURSELF, YOU'RE ALL  
YOU'VE GOT.

HOW DO YOU ASK FOR HELP OR SUPPORT WHEN ITS NEEDED?

ASKING FOR HELP IS ITS  
OWN KIND OF STRENGTH.

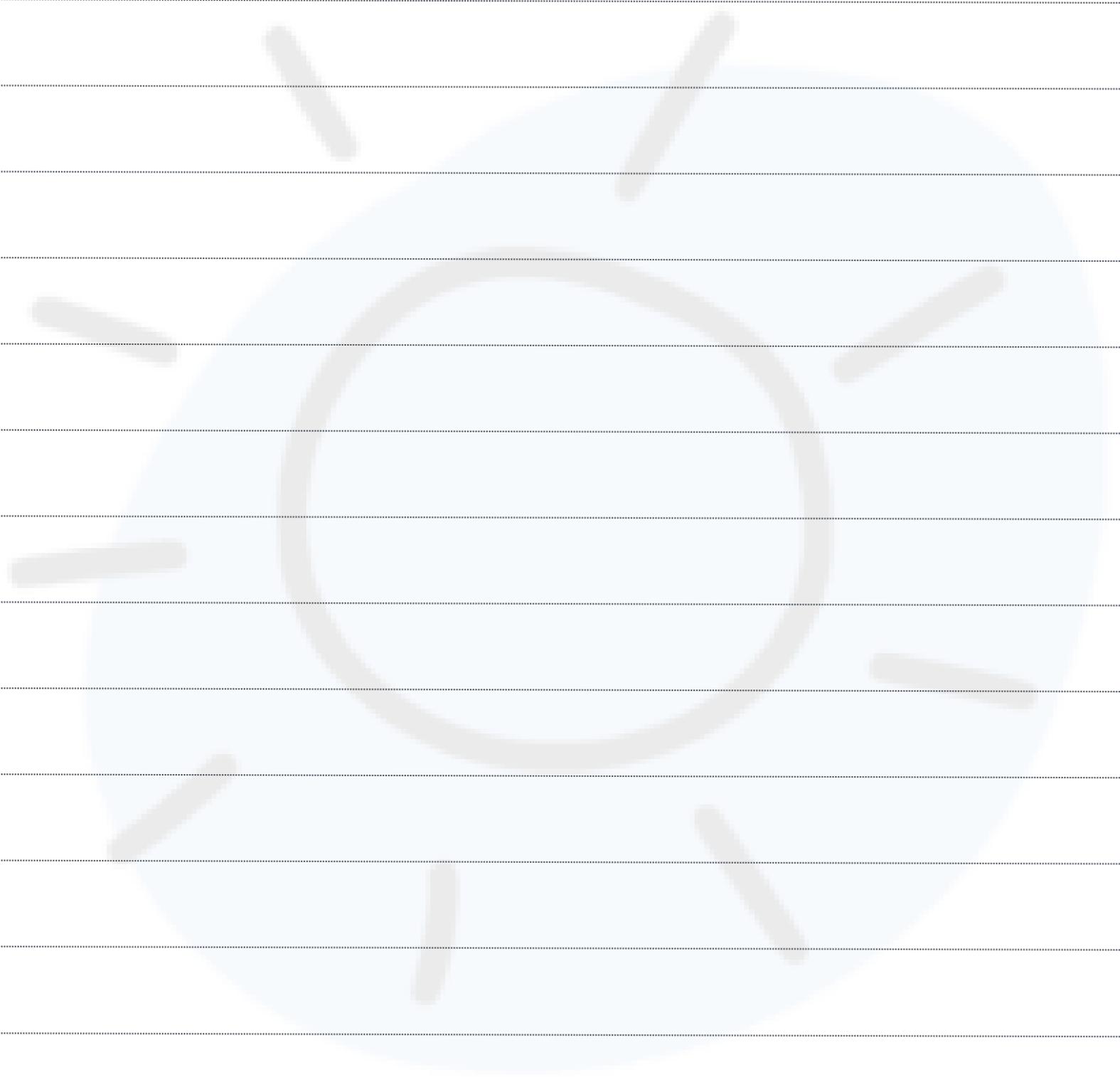
# Body Scan

## Consciousness Exercise

- ☑ Find a quiet, comfortable place to sit down
- ☑ Sit with your back straight and eyes closed
- ☑ Place your awareness in your feet
- ☑ Slowly move your awareness from the toes to the tops of your feet
- ☑ Be mindful as your awareness moves throughout your body, towards the top of your head
- ☑ Once your awareness reaches your head, flood your entire body with awareness, pinpointing areas of tension.









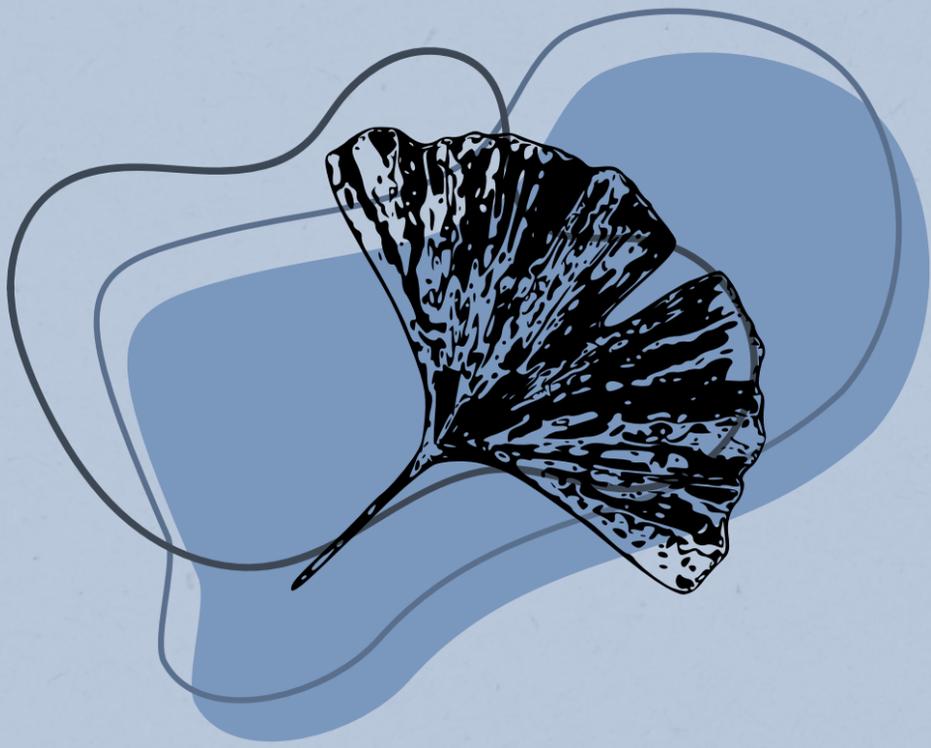
# 3 Mindful Thoughts

Date

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Week 7



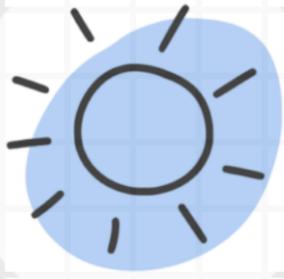
WEEK 8

How are you feeling today?



Why?

A large rectangular area with a light blue background and horizontal lines, intended for writing a response to the question "Why?".



# Ganbatte

## SELF-REFLECTION - WEEK 8

HOW DO YOU SET AND PROTECT YOUR BOUNDARIES?

BOUNDARY SETTING HELPS  
YOU PRIORITIZE YOUR  
NEEDS OVER OTHER  
PEOPLE'S WANTS.

HOW CAN YOU STEP OUTSIDE YOUR COMFORT ZONE TO GROW?

LIFE BEGINS AT THE END  
OF YOUR COMFORT ZONE.



# It's a Trio

## Daily Reflection

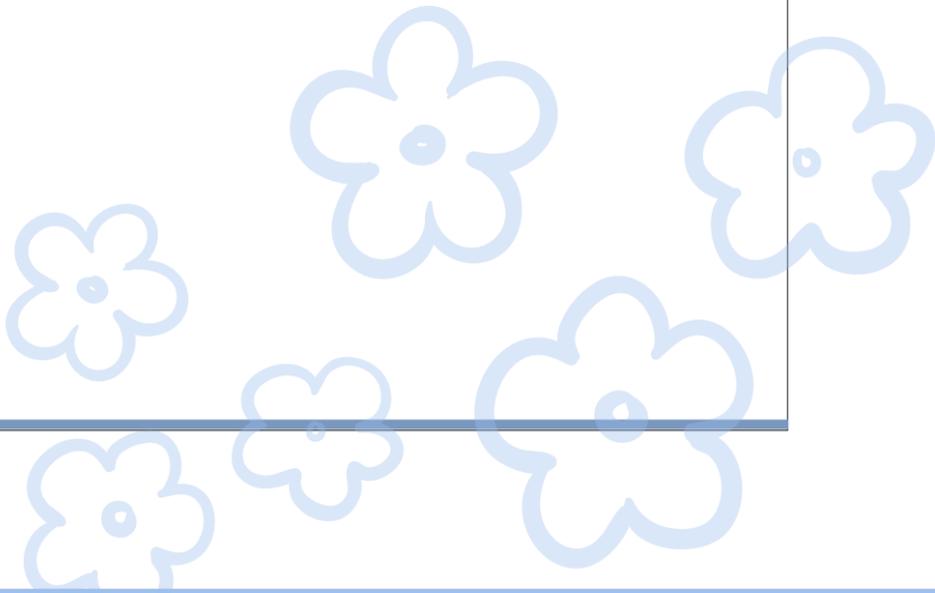
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**Open up yourself to your feelings of the day**

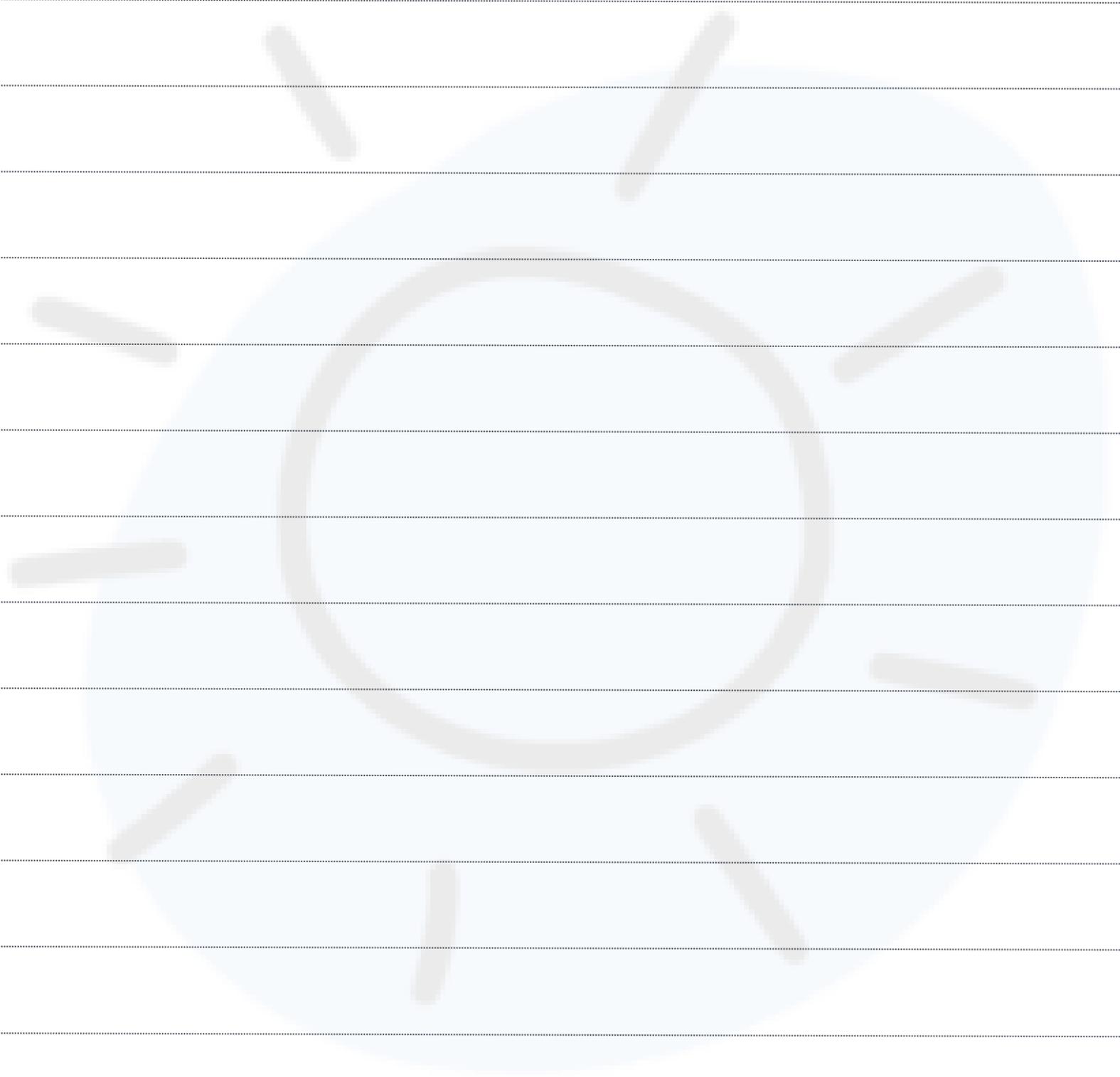
Name three events that made you feel productive today.

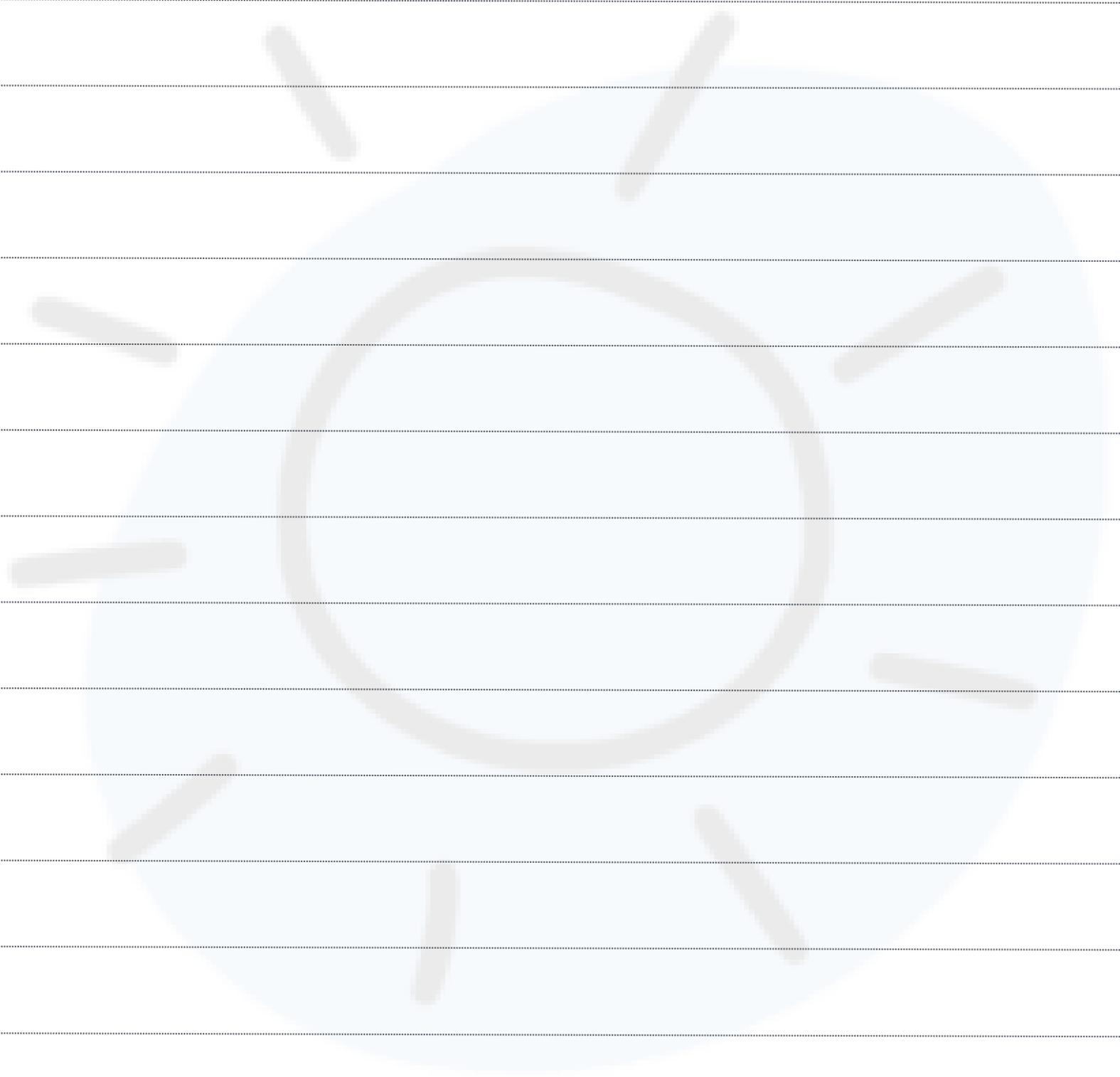
Name three actions that made you feel loved today.

Name three experiences that made you feel brave today.











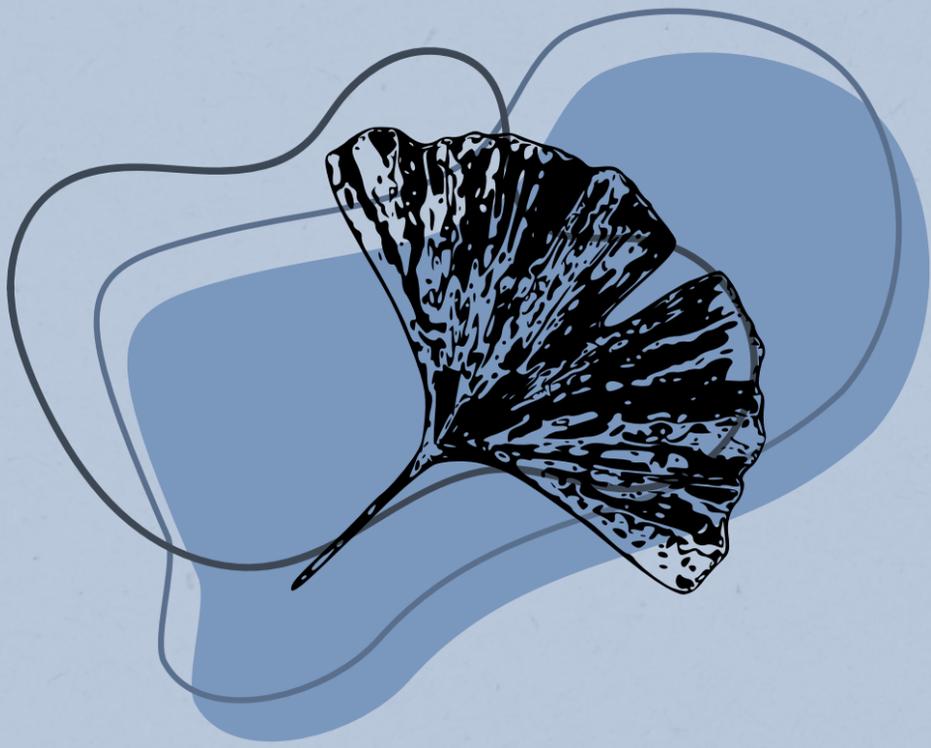
# 3 Mindful Thoughts

Date

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Week 8



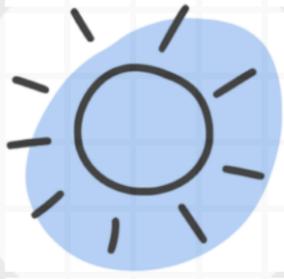
WEEK 9

How are you feeling today?



Why?

A large rectangular area with a light blue background and horizontal lines, intended for writing an answer to the question "Why?".



# Ganbatte

## SELF-REFLECTION - WEEK 9

HOW DO YOU EMBRACE YOUR AUTHENTIC SELF?

BE YOURSELF, EVERYONE  
ELSE IS ALREADY TAKEN.

HOW HAVE YOU EMBRACED YOUR AUTHENTIC SELF TODAY?

FIND OUT WHO YOU ARE,  
AND DO IT ON PURPOSE.

# Self-Appreciation

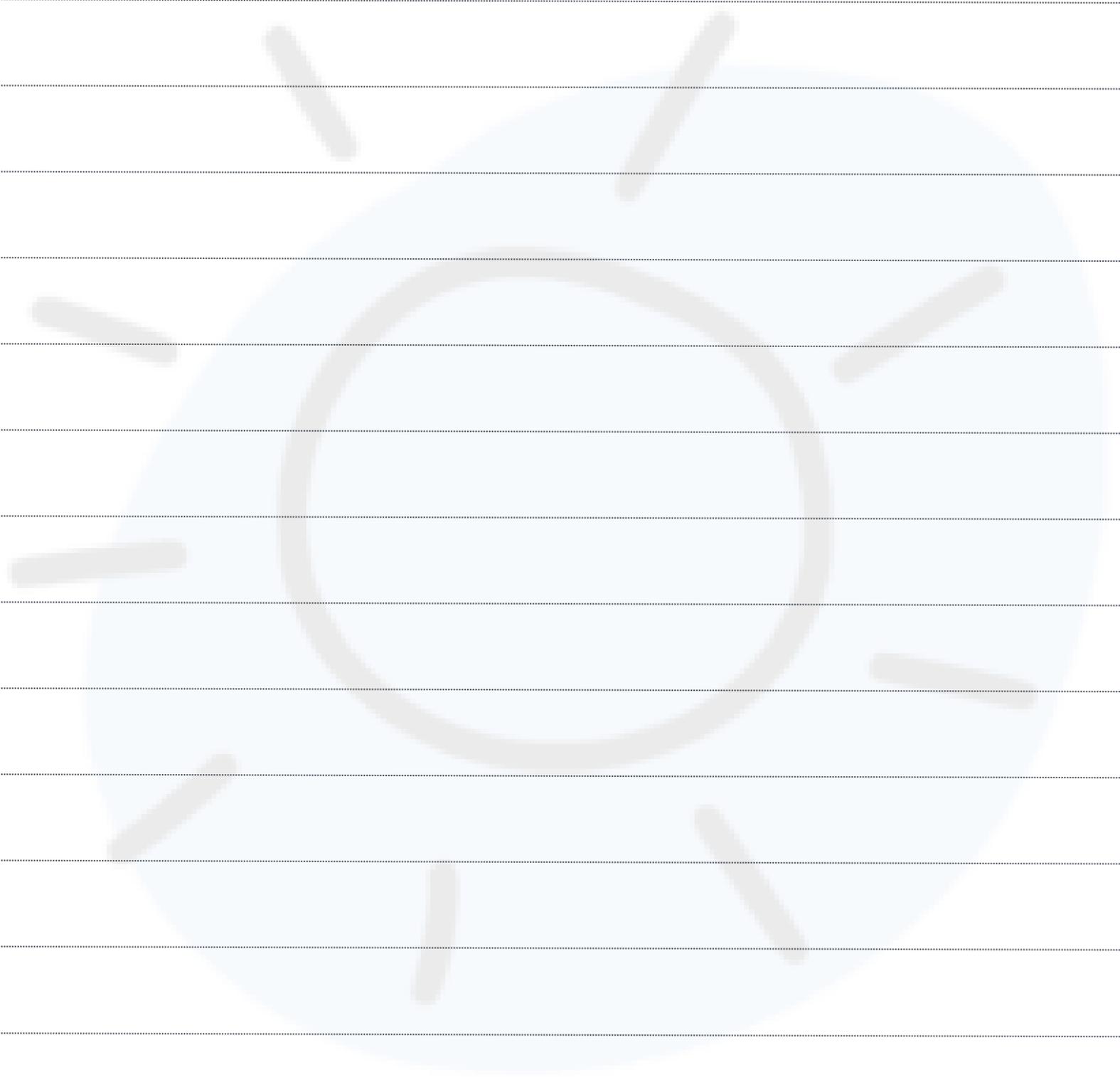
## Compassion Exercise

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- Find a quiet place where you can relax
- Focus on yourself, and your feelings as you repeat the phrases below:

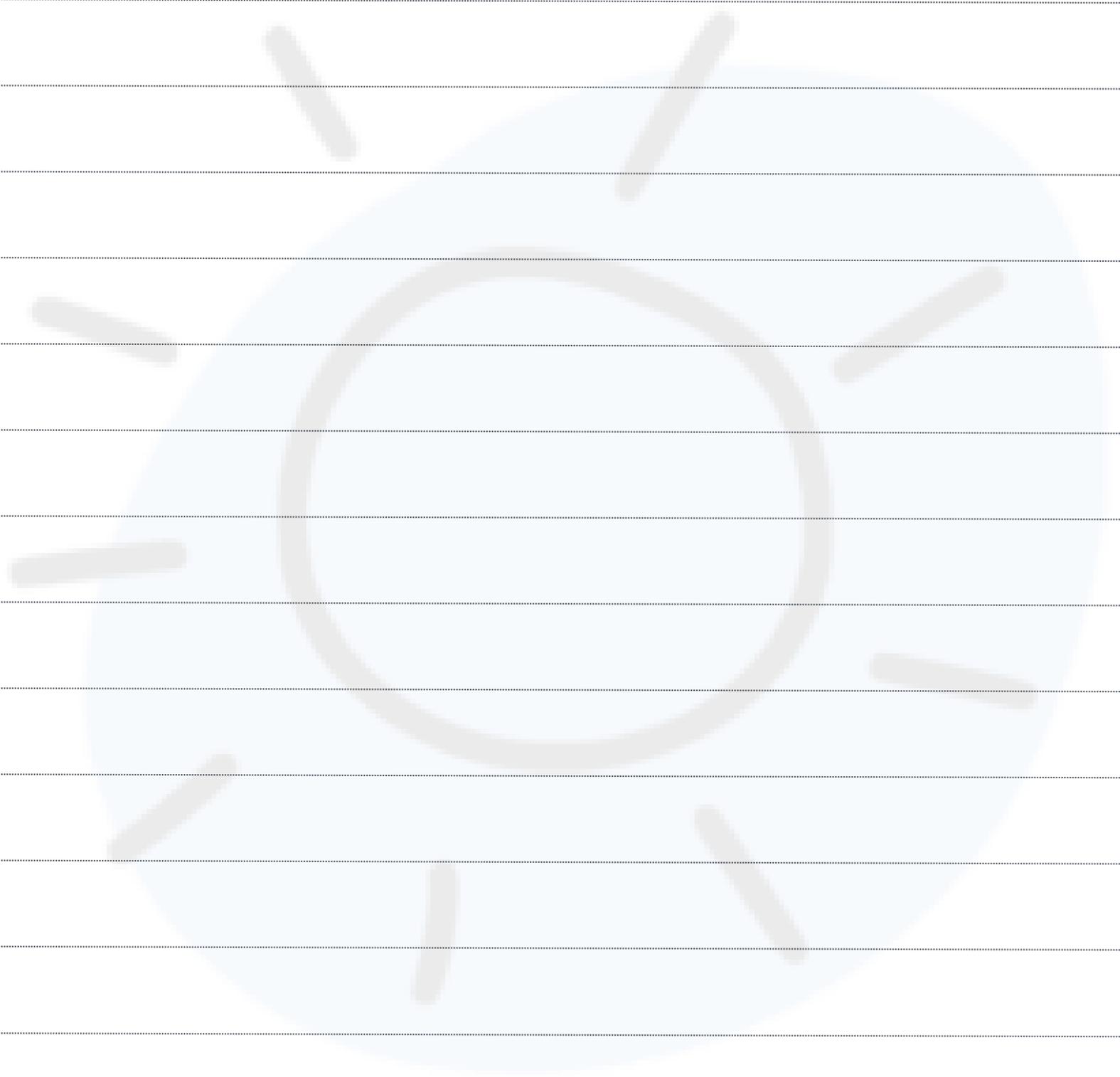
**“I embrace change and growth with love and patience.”**

**“I trust in my ability to learn, evolve, and become the best version of myself”**







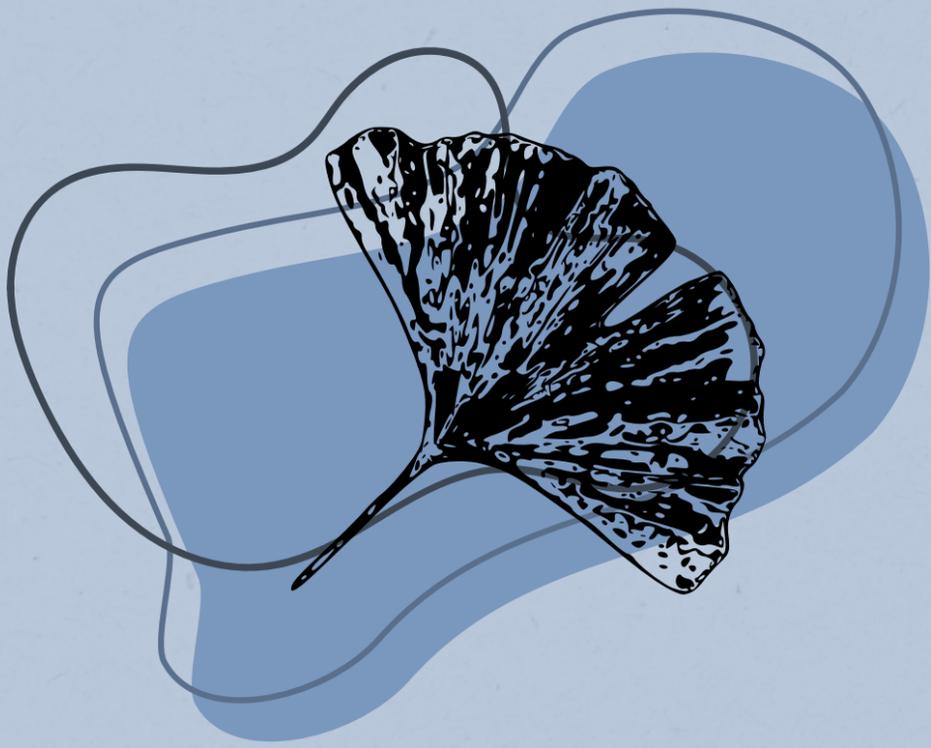


# 3 Mindful Thoughts

Date

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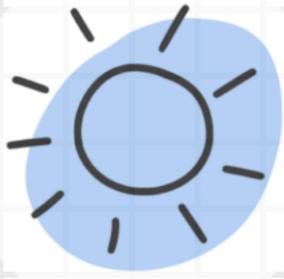
WEEK 10

How are you feeling today?



Why?

A large rectangular area with a light blue background and horizontal lines, intended for writing an answer to the question "Why?".



# Ganbatta

## SELF-REFLECTION - WEEK 10

HOW DO YOU CALM YOUR NERVES IN A DIFFICULT SITUATION?

THE BEST USE OF  
CREATIVITY IS  
IMAGINATION, THE WORST  
USE OF CREATIVITY IS  
ANXIETY.

WHAT OPPORTUNITIES HAVE COME FROM YOUR CHALLENGES?

DO WHAT YOU CAN, WITH  
WHAT YOU'VE GOT,  
WHERE YOU ARE.

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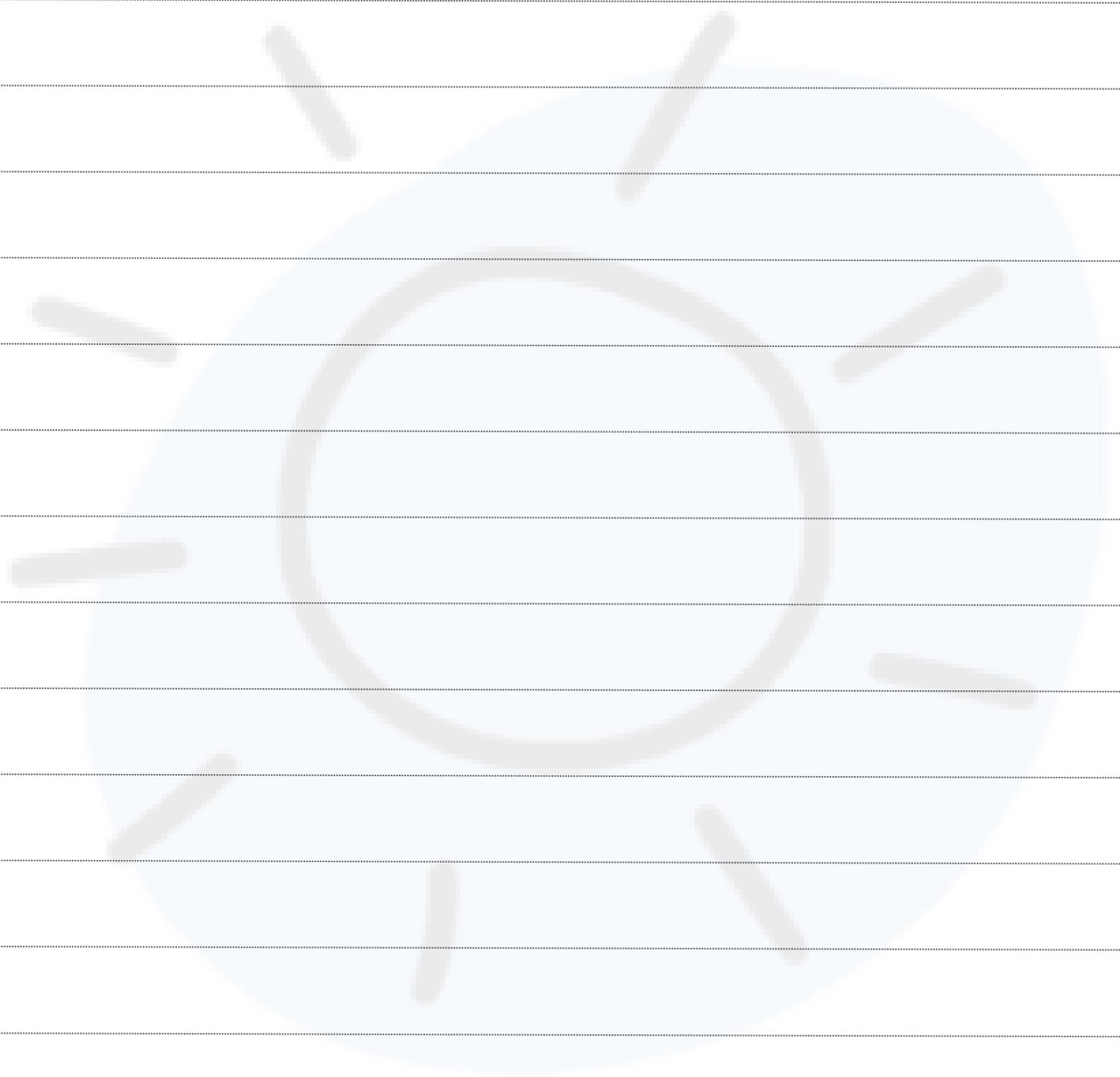


# **Doodle Doo**

## **Drawing Therapy**

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**Take a pen and start either in the middle of the page and work your way out, or start in one corner and move to the opposite diagonal corner. Focus on the doodles and making the lines connect.**









# 3 Mindful Thoughts

Date

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Reflecting on the past 10 weeks, what have you noticed about yourself?





Living **GANBATTE**