



## Campsite One—Enjoy Today

You can make your personal journey more enjoyable and productive by taking time to think about, write about and act on the following ideas. Pick the ideas that are most meaningful to you and write your thoughts down. You may choose to write in your own journal or you may print off the custom Personal Journey pages and write on them.



### Key Learning Points

- Notice and savor the good parts of your life. Appreciate the things you usually take for granted.
- Focus on the good things that happen during each day.
- Manage your attitude. Choose to look for positive aspects in all parts of your day. Don't allow yourself to frame your day in terms of frustration or disappointment.



### Application Exercises

1. What can you do today to better appreciate aspects of life you might take for granted?
  - For example: take a walk with a focus on enjoying nature and your surroundings, tour your home and appreciate items that are meaningful to you, think of good people who are gifts to you, etc.
2. Make notes in a journal about the parts of your day that you want to savor.
  - What did you experience today as a blessing in your life?
  - What neutral or painful things did you experience that might be reframed as blessings?
3. Did something happen today that was frustrating, difficult or disappointing? How can you manage your attitude towards that experience?
  - “Rewrite” the experience, looking for positives.
  - What did you learn that was useful or may help you grow?
  - Focus on what there was to appreciate about the day.
4. What joys have you seen in the lives of those who surround you? How can you help people celebrate their joys?



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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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