



30 Ways in 30 Days

To More Positive Mental Health & Emotional Well-Being

Welcome to Day 2: Magic Moments

Research shows gratitude helps us build appreciation, contentment and pushes back against anxiety and discontent.

A lovely way to take it a step further is to use a Magic Moments Journal. It is simple to do and has beautiful results. It is best done in the evening before bed so the demands of the day do not rob you of the benefits.

A Magic Moment is anything that catches your attention in a positive way. It often gets noticed and then forgotten in the stuff of our day. They can be drowned out by other thoughts, feelings, situations and demands. The goal is to see them, feel them, record them and re-experience them as needed.

At first you may have to look for them. They may even seem routine. Become an eagle eye to find your moments. 5 is a good number to aim for. Some days will be more and some less. A nice thing to add to the bottom of your list is something you are proud of today.

The beauty of this journal is that done daily and over time it helps with better sleep, happiness, positive attitude, resiliency and overall coping.

You will soon notice how easy it is to find these Magic Moments. It becomes a habit and before long you become a creator of Magic Moments.



FIND YOUR MAGIC MOMENTS

Magic Moments Journal

Monday

1) Saw a rabbit in my backyard. It made me smile.
2) A customer at work said thank you for my helping her find what she needed. I felt warm all over.
3) I had my favorite tea at Tim Hortons today. It always makes my morning better.
4) I got a 10% discount when I bought my shoes. I was not expecting a sale. The money I saved is how I could buy my tea.
5) Watched a movie that made me laugh so hard I was crying.
Something I am proud of today: I helped a customer today when it was not really my job. I like that I am helpful to other people.

1)
2)
3)
4)
5)
Something I am proud of today: