



THE  
**THOUGHT**  
**ACTION**  
JOURNAL

The background of the page consists of several concentric, light gray circles centered on the page. The circles vary in size, creating a ripple effect that draws the eye towards the center where the text is located.

**THIS JOURNAL IS INTENDED TO  
HELP YOU TRAIN YOUR BRAIN.**

**IT IS EASY TO BE OVERWHELMED  
BY OUR TECHNOLOGY AND LIFE  
STRESSORS, AND SOMETIMES WE  
NEED TO GET A GRASP ON OUR  
INTENTION AND OUR ATTENTION.**



**THIS WAS MADE FOR YOU!**

*PRICILLA HOPPER | ANNIE MARGARET |  
CAILEIGH HUDSON | EMRYS BALDONADO*

# CREATING

*USING INFORMATION TO CREATE SOMETHING.*

DESIGN | CONSTRUCT | INVENT | BUILD

# ANALYZING

*EXPLORE RELATIONSHIPS AND TAKE INFORMATION APART.*

CRITIQUE | TEST | CRITICIZE | QUESTION

# EVALUATING

*CRITICALLY EXAMINE AND MAKE JUDGEMENTS.*

CRITIQUE | TEST | CRITICIZE | QUESTION

# UNDERSTANDING

*MAKING SENSE OUT OF INFORMATION.*

INTERPRET | DISCUSS | INFER | EXPLAIN

# REMEMBERING

*FIND OR REMEMBER INFORMATION THROUGH MEMORY RECOLLECTION.*

LIST | FIND | IDENTIFY | DEFINE

# APPLYING

*USE INFORMATION IN A NEW, BUT SIMILAR, WAY OR SITUATION.*

DRAW | SOLVE | CALCULATE | CHART



**INTENTION**



**WRITE DOWN THE WAYS  
IN WHICH YOU USE THE  
LISTED APPS.**

**ASK YOURSELF WHAT  
VALUE THEY ARE ADDING  
TO YOUR LIFE...**

**IS THERE ANY VALUE AT ALL?**

# DATE |

TEXT



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PHONE



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EMAIL



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FACETIME



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TIKTOK



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TWITTER



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INSTAGRAM



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LINKEDIN



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ALL OF THE LISTED SOCIALS GIVE ME VALUE.

YES

NO

SET FIRM BOUNDARIES  
ON YOUR PHONE USAGE.





DATE |

WHEN DO I ACTUALLY NEED TO USE MY PHONE?

HOW MUCH TIME DO I THINK IS A GOOD AMOUNT  
OF TIME TO USE A/MY PHONE?

IS THERE ANYTHING I DO ON MY PHONE THAT I'D  
RATHER DO ON THE COMPUTER OR THE TV?

WHAT SHOULD I DO WITH MY PHONE WHEN I AM  
NOT USING IT? WHERE SHOULD I PUT IT?

**TURN OFF  
NOTIFICATIONS FOR AT  
LEAST TWO SOCIAL  
MEDIA APPS.**





DATE |

TURNING OFF NOTIFICATIONS OF APPS YOU USE FREQUENTLY WILL DECREASE THE AMOUNT OF TIME YOU LOOK AT YOUR PHONE... THUS, DECREASING THE AMOUNT OF TIME YOU OPEN AND USE THOSE APPS.

INSTEAD, YOU'LL BEGIN TO USE THOSE APPS WITH MORE CURIOSITY AND INTENTION, RATHER THAN VAGUE INTEREST IN A NOTIFICATION.

## **NOTE WHICH APPS YOU'RE TURNING NOTIFICATIONS OFF FOR AND WHY...**

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APP ONE:

BECAUSE...

APP TWO:

BECAUSE...

BONUS APP:

BECAUSE...

DO NOT DISTURB.





DATE |

TURNING OFF DO NOT DISTURB ACTS SIMILARLY TO TURNING OFF NOTIFICATIONS. IT MINIMIZES THE WANT OR NEED TO OPEN YOUR PHONE, OPEN AN APP, AND INTERACT WITH THE APP.

**ONCE YOU'VE TURNED DO NOT DISTURB ON... FOR THE NEXT FEW HOURS OR FOR THE REMAINDER OF YOUR DAY, TRACK HOW OFTEN YOU LOOKED, OPENED, OR USED YOUR PHONE**

TIME TURNED ON:

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TIME:

TIME:

TIME:

APP:

APP:

APP:

TIME:

TIME:

TIME:

APP:

APP:

APP:

TIME:

TIME:

TIME:

APP:

APP:

APP:

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TIME:

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APP:

DO YOU FEEL THAT YOU USED YOUR PHONE LESS THAN NORMAL?

YES

UNSURE

NO

REFLECT ON HOW TRACKING YOUR PHONE USE MADE YOU FEEL...

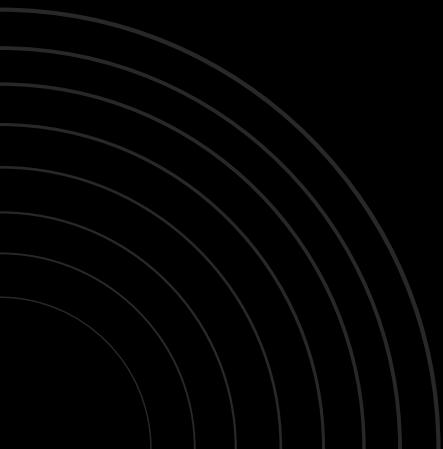


**CREATE A PLAYLIST  
FOR ANY OF THE  
FOLLOWING REASONS  
ON YOUR FAVORITE  
MUSIC PLATFORM:**

NEW GENRE PLAYLIST  
STUDY/ MEDITATIVE PLAYLIST  
SONGS FROM YOUR PAST PLAYLIST

ONCE YOU'RE DONE CREATING  
IT, PLAY THE PLAYLIST AND  
DO SOME COLORING!

BECAUSE WHEN DO WE GET  
TO COLOR ANYMORE?!





DATE |



RECLAIM YOUR TIME.



DATE |

WHEN YOU AREN'T DISTRACTED OR SPENDING  
TIME ON YOUR PHONE...  
WHAT DO YOU WANT TO DO? WHAT CAN YOU DO?

DEAR ME,

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MAKE A PROMISE TO YOURSELF... I WILL

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**ATTENTION**



● ASK YOURSELF  
QUESTIONS.

DATE |

**WHAT DO I VALUE...**

ABOUT MYSELF?

ABOUT MY LIFE?

ABOUT PEOPLE  
AROUND ME?

ABOUT MY  
ENVIRONMENT?

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**HOW DO I HONOR...**

MYSELF?

MY LIFE?

THE PEOPLE  
AROUND ME?

MY  
ENVIRONMENT?



REFLECT ON THE PAST.



DATE |

**CONSIDER LAST WEEK, BOTH IN AND OUT OF  
THIS JOURNAL...**

**WRITE ABOUT 5 MEMORABLE EXPERIENCES  
FROM ANY POINT IN TIME...**

**BIG OR SMALL, POSITIVE OR NEGATIVE, EXCITING OR DULL - ANYTHING.  
THE MORE VARIETY THE BETTER!**

1

2

3

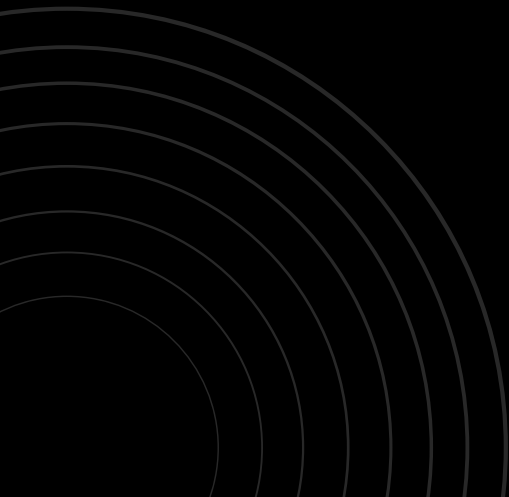
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5





CLEAR YOUR MIND.



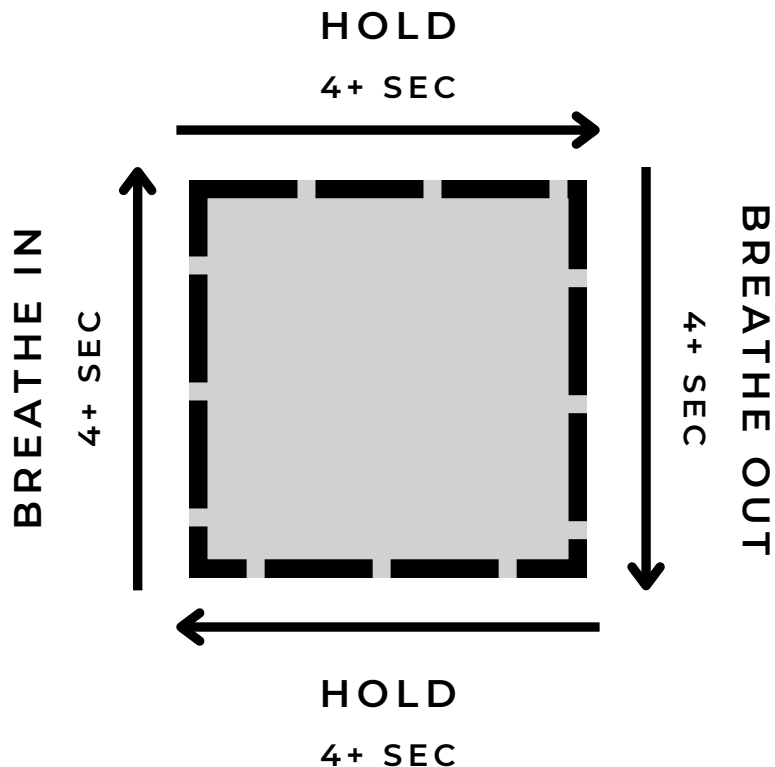
DATE |

## EXERCISE: BREATHE & REST

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### BOX BREATHING

BREATHE IN FOR 4 SECONDS  
HOLD YOUR BREATH FOR 4 SECONDS  
BREATHE OUT FOR 4 SECONDS  
HOLD OUT FOR 4 SECONDS



SCAN THE QR CODE FOR A 20-MINUTE  
MEDITATION PLAYLIST.



SIT OR LAY SOMEWHERE  
COMFORTABLE, SET A TIMER FOR  
YOUR DESIRED TIME OF MEDITATION  
(THE PLAYLIST IS 20 MINS), OR JUST  
LET THE MUSIC PLAY AND STOP  
WHENEVER YOU FEEL GOOD.

TRY BOX BREATHING AND USE THE  
METHOD AT LEAST 5 TIMES.



**CONSIDER THE FUTURE.**





**WRITE YOUR OWN  
AFFIRMATIONS.**

DATE |

**WITH AUTHOR AFFIRMATION EXAMPLES**

.....

I FEEL EMOTIONAL OFTEN BUT MY EMOTIONS  
ARE VALID AND I CAN ACCEPT THEM.

I FEEL \_\_\_\_\_ ,

BUT \_\_\_\_\_

I AM RESILIENT. I AM CONFIDENT. I AM LOVED.  
I AM PROUD OF MYSELF.

I AM \_\_\_\_\_

I AM \_\_\_\_\_

I AM \_\_\_\_\_

I CAN DO WHAT MAKES ME HAPPY.  
I HAVE COMPASSION FOR MY FEELINGS.  
I WILL SET BOUNDARIES FOR MYSELF.

I CAN \_\_\_\_\_

I HAVE \_\_\_\_\_

I WILL \_\_\_\_\_

CLOSE YOUR EYES AND SAY YOUR  
AFFIRMATIONS TO YOURSELF.