

21 Day Mental Diet Journal



Introduction: Very happy and successful people have negative thoughts like everyone else, but they don't keep them in their minds for too long. They calm their emotions down using several strategies and then create a positive meaning during tough situations. They have developed this ability through lots of practice, so much that it is almost automatic. Researchers have learned that it takes about 21-66 days to develop a habit where it becomes automatic.

The 21 day mental diet is a powerful way to develop an unstoppable mind so that you can control your emotions, be happier, more confident, and reach your goals. You'll also experience many other benefits of a positive mind: reduced stress, more brain power, better memory, stronger health and immune system, overcome setbacks, better relationships, achieve your goals and many more. Although we will focus on 21 days, we highly recommend you continue strengthening this life enhancing habit on your own!

Goal of the mental diet: This mental diet consists of transforming negative thoughts for 21 days. It doesn't mean you don't have negative thoughts, it just means you will actively work on calming down the negative emotions and applying a more empowering positive meaning to these events. Overtime, you will notice that the amount of negative thoughts will decrease and it will get easier to eliminate negative thoughts as you develop your brain's prefrontal cortex. Remember that negative thoughts drain your energy and lead to negative emotions which lead us to make bad decisions and pull us away from happiness, success and reaching our goals.

How to do the mental diet: Here are the steps to follow when you encounter a negative thought: Remember the acronym RCA. (Recognize, Calm, and Apply)

1. **Recognize minor negative emotions:** Work on being extra sensitive to negative emotions when they are small. A minor negative emotion is a feeling in your body that something is not right, for example stress, confusion, sadness, frustration, hurt, feeling scared, etc. It is much easier to control our emotions when they are small rather than when they are stronger in intensity.
2. **Calm your Amygdala down:** As soon as you feel a minor negative emotion, use one of the quick calm down strategies we learned: *Counting down from 5, box breathing, positive quick thoughts, I am excited, walk away, empathy, deintensifying emotions, etc...*
3. **Apply a positive meaning:** Think about a positive meaning or opportunity in that negative situation. Thoughts cause our emotions, so if we have positive thoughts, positive emotions will follow which will allow us to think more effectively, resulting in good actions we take, which lead to better results and a stronger belief and confidence in ourselves. Use the following 6 guiding questions to think about the situation.
 1. What is the **opportunity** in this situation/What lesson or skill can I learn?
 2. What greater **problem** did I avoid?/How could it have been worse?
 3. How can I **prevent** this from happening again?
 4. What am I in **control** of in this situation?
 5. What am I **grateful** for in this situation?
 6. **Empathy:** If someone hurts you: What might they be going through?



Name _____ Date _____

Instructions: Complete this template at the end of each day during the mental diet. This only takes 3 minutes to complete. Please don't spend more time than that.

Example Day 1 Date: Feb 2, 2019

- *Successes (what went well?): It was tough at first. I've never thought about my emotions before and it was tough to calm my emotions down. But I got better at it with practice. I used the box breathing strategy and that helped when I was stressed.*
- *Challenges (what was difficult and why?): I started realizing what gets me upset. Usually when I don't eat it's when it's harder for me to calm my emotions down and be proactive. I also noticed that stress from school and problems with certain people I don't get along with creates emotions in me that are hard to control.*
- *Solutions/Next steps and What I learned about myself: I need to eat better and one specific thing I'll do is not skip a meal and at least eat a fruit. I also need to figure out how to calm down and think positive when stressed from school and certain people I don't get along with. I'm going to ask my mentor/teacher for tips. I'm learning that my diet needs to improve, not just what I eat but I need to eat in general. I also realized I let people control my emotions and I seem to have conflict with people who might not like me. I feel like I have to get even and that has gotten me into a lot of trouble.*

DAY 1 Date:

- Successes (what went well?):

- Challenges (what was difficult and why?):

- Solutions/Next Steps and What I'm learning about myself:

DAY 2 Date:

- Successes (what went well?):

- Challenges (what was difficult and why?):

- Solutions/Next Steps and What I'm learning about myself:



Name _____ Date _____

DAY 3 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 4 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 5 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:



Name _____ Date _____

DAY 6 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 7 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 8 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:



Name _____ Date _____

DAY 9 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 10 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 11 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:



Name _____ Date _____

DAY 12 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 13 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 14 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:



Name _____ Date _____

DAY 15 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 16 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 17 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:



Name _____ Date _____

DAY 18 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 19 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:

DAY 20 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself:



Name _____ Date _____

DAY 21 Date:

- Successes (what went well?):
- Challenges (what was difficult and why?):
- Solutions/Next Steps and What I'm learning about myself: