

JESSICA L. CONRAD  
life coach

**jessicalconrad.com**

**888-934-5264**

**info@jessicalconrad.com**

***3 Best Things  
Journal***



**Thank you for downloading this journal. I want to introduce myself. My name is Jessica L Conrad. I am a Certified Coach and have my Masters in Holistic Health Studies. I help all Women at a Crossroads in Life Find Clarity and Direction. I specialize in Infertility and Endometriosis.**

**I am so excited for you to start your journal on learning how to reprogram your thoughts.**

[www.jessicalconrad.com](http://www.jessicalconrad.com)

**How many times does it feel almost impossible to see the good in the day or even a few happy or positive events. That's because over time, we have programmed our brains to only see the negative. But there is good news. We can reprogram our brains to see the good each day instead. This is done by consciously choosing to point out several good/positive events each day. Changing the way we view our situations can help us physically, mentally, and emotionally. It can help us to deal better with the everyday stresses being thrown at us.**

**Using the included pages, every day write down as many, happy, positive, uplifting things that happened to you.**

**It doesn't need to be big events, things like a great cup of coffee or a sunny day. Add to your list all day. At the end of the day, circle the 3 best things that happened that day.**

**Try this for 14 days and if you find it helps, use for as long as you need**

# Day 1

# Day 2

# Day 3

# Day 4

# Day 5



# Day 6

# Day 7

# Day 8

# Day 9

# Day 10

# *Day 11*

# *Day 12*

# Day 13



# Day 14



If you would like to learn more about working with me or to Book a Free Call, Please visit;  
[www.jessicalconrad.com](http://www.jessicalconrad.com)

Please follow me at:  
Facebook @infertilityandendometriosiscoach  
Instagram @jessicalconradinfertilitycoach