

A large graphic on the left side of the page, featuring several concentric, curved bands in shades of teal and light blue, resembling a stylized wave or a partial circle.

new **RHYTHM JOURNAL**

Daily Gratitude | Disciplined Mindset | Deliberate Living



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JASON & SHELLY YOST • NEW RHYTHM CO.



WELCOME

Welcome to Your New Rhythm

Welcome to the first day of your New Rhythm Journal. Congratulations on taking the first step to invest in yourself and create new rhythms for your everyday life.

This journal is built on a few simple practices that are well studied and easy to keep: gratitude, honest self-talk, and small, planned steps. Use it most mornings, and over time you'll start to notice a calmer mind, clearer focus, and real progress on the things you care about.

A number of years ago we read a quote that sparked a real paradigm shift for us.

“What you focus on grows, what you think about expands, and what you dwell upon determines your destiny.”

ROBIN S. SHARMA

That quote sent us on a journey to re-imagine what our lives could really look like. At the time, we were head high in survival mode with two toddlers, a puppy, and \$125,000 in debt. We were 100 pounds overweight, depressed, anxious, overworked, underpaid, and living on one income in the second most expensive city in the United States. Some days it felt like life was about managing disappointments rather than chasing our dreams.

The practices in this journal are what we do almost every day, and they were a big part of how we rebuilt, physically and mentally.



HOW IT WORKS

Instructions

Every page in this journal follows the same simple rhythm. Here is what each part asks you to do, why it helps, and the one-line version to remember.

1 DATE AND LOCATION

THE ACTION Write down the date and where you are writing today. There's a spot for a day number too.

WHY IT HELPS It seems small, but it builds a record you can look back on. A month, a year, or ten years from now, you'll be able to see when and where you kept showing up, and that's a great reminder that you can do it again.

Writing down the date and place helps you track your progress and see how far you've come.

2 PERSONAL GRATITUDE

THE ACTION Write down up to 5 things you're grateful for. Big or small, anything counts: a warm blanket on a brisk fall morning, hot coffee, your health, the colors of the sky, the taste of a ripe mango. It's okay to repeat yourself. On a busy morning, even one counts.

WHY IT HELPS Writing down what you're thankful for is one of the most studied simple practices in positive psychology. Studies of gratitude lists and letters have found small but real lifts in mood and well-being for many people. It won't erase hard things, but it trains your attention to notice what's good, too. Specific beats general: "my daughter's laugh at breakfast" sticks better than "my family."



AT A GLANCE

Your Daily Rhythm

MORNING

5 TO 7

MINUTES

- Day, date, and where you are
- Up to 5 things you are grateful for (even one counts)
- 3 honest I AM statements
- 4 daily questions, including one if-then plan

EVENING

2 MINUTES

- One good thing that happened
- Something you are proud of
- Your number one priority for tomorrow

WEEKLY

10 MINUTES

- Your wins and what you learned
- Which dream you moved toward
- One habit to focus on next week

MISSED A DAY? Missed a day, or a week? That's normal. There are no dates printed on these pages for a reason. Don't go back and catch up. Just turn to the next page and begin again. One good morning is a win.

MY RHYTHM PLAN

Habits stick best when they are tied to something you already do. Pick your spot and your moment.

I will open this journal right after _____

I will keep it here: _____

If I miss a day, I will _____



DAY ZERO

My Starting Point

Take two minutes to mark where you are right now. There are no right answers. At the end of this journal, you'll answer the same questions and see what has changed.

I notice what's good in my day.

1

2

3

4

5

My mind feels calm and clear.

1

2

3

4

5

I follow through on what matters most.

1

2

3

4

5

I take small steps toward my dreams.

1

2

3

4

5

I encourage the people around me.

1

2

3

4

5

1 = NOT YET 5 = VERY TRUE

Why I'm starting this journal:

What I hope will be different 11 weeks from now:

Signed _____ Date _____



BEFORE YOU BEGIN

Dream It. Then Plan It.

The next two pages represent your future. They're yours to create.

Use it to write down a collection of dreams you have for your life. Think about who you want to be in three, five, or ten years. Think about what you want for yourself and your family. How do you want to feel? How do you want to show up with people? Where do you live? Did you go hang gliding in Peru? Did you write a book? What do you earn, and what do you give?

Write each dream down as it comes to you. Keep going until you have ten. Then narrow your list to the five that excite you most.

Writing your dreams down is a great start. What helps most is what comes next: pairing each dream with a clear next step, and naming the habit that will carry you there. You'll do that on the facing pages, and come back to them every week.

For what it's worth, every week I write down, "I own a house, on the water, with a boat, and I took both of my girls anywhere in the world they wanted to go when they turned thirteen."

Neither of those dreams has happened yet. But I'm still taking steps toward both.

Jason



DAY 1

DATE _____

LOCATION _____

WEEK 1 ● ○ ○ ○ ○ ○ ○

MORNING RHYTHM

TODAY I AM GRATEFUL FOR...

Big or small. Be specific. Even one counts.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

THIS IS WHO I AM TODAY...

Make it believable. "I AM becoming..." works great.

- I AM _____
- I AM _____
- I AM _____

SHORT ON TIME? Write one thing you're grateful for and one I AM. That counts.



1 What are 1 or 2 activities or tasks I can get excited about today?

2 What could stress me out today? If it happens, what will I do?

If _____ happens, I will _____

3 Who could I surprise today with a compliment, gift, text, call, or note?

4 Which dream am I working toward, and what's one small step I can take today?

EVENING RHYTHM

What is one good thing that happened today?

I am proud of the way I _____ today.

What is my number one priority for tomorrow?

This week's habit: _____ ☐ Practiced today

DAY **2**

DATE _____

LOCATION _____

WEEK 1 ●●○○○○○

MORNING RHYTHM**TODAY I AM GRATEFUL FOR...***Big or small. Be specific. Even one counts.*

1 _____

2 _____

3 _____

4 _____

5 _____

THIS IS WHO I AM TODAY...*Make it believable. "I AM becoming..." works great.***I AM** _____**I AM** _____**I AM** _____**SHORT ON TIME?** Write one thing you're grateful for and one I AM. That counts.



WEEK 1 OF 11

WEEKLY CHECK-IN

Take ten minutes to look back. Celebrate what went well, notice what you learned, and choose one habit for next week.

1 Top 3 things I did this week

2 The most rewarding interaction I had this week

3 2 things I learned about myself

4 Which dream did I move toward? What was my step?

5 The one habit I want to focus on next week

6 One action step I'll take to improve this habit

Tip: Which habit would move you closer to one of your top 5 dreams?