

MY FEELGOODX BOOK

Name

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How To Use The Book

My FeelGoodX book is the perfect tool if you're looking to grow your inner strength. It demonstrates how other elements in your life can lead to more significant change and new opportunities, reminding you always to feel good. It allows you to reflect on the three deepest parts of your life, namely: in your heart, in your health, and your soul. A mixture of personal anecdotes, inspirational quotes, and questions. It's carefully designed and filled with plenty of free space to record your reflection and insights on your life journey.

Be clear FeelGoodX Book is a great way to spend time your time. It's a safe space to talk about everything and how to overcome personal struggles. As you flip through the book, glance at the stories and illustrations you cherish the most, and feel good throughout the entire day.

It's time for you to discover why you feel the way you do and how to figure out what to do about it.

- Use this book to identify your future goals and aims.
- Keep it as your journal and come back later to other sections as you need them.
- Write own story and keep those memories forever. You can also write/type notes, to-do lists, and your daily plans in this book.
- Do the activities to reflect and provide insight about your journey.
- Draw or copy paste images that you desire that represent each category or element.
- Create your own quotes or incantation for the day or any related topics, events, or situations to encourage you throughout the day.
- List all the bad and the good things that happened to you, or that makes you feel good.

Mind Map with FeelGoodX

Part A: Heart

Where your vision and your passion meet the needs of the world, ways to figure out what to do with your life, and search for your life's purpose through what your heart desires for.



Purpose

This element is the reason behind what you want in your life and referred to in your purpose. What motivates you? What is your motive for achieving your vision? Describe how you want to maximize your experience in this element.

“True happiness is not attained through self-gratification, but through fidelity to a worthy.”

- Helen Keller

Premise

This refers to your personal beliefs. What do you believe? What is the core value that shapes you? Are you going to support your view? Do they drag you far forward or hold you back? How are you expected or want to be in this part of your life?

“Live the Life of Your Dreams: Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others.”

-Roy T. Bennett

Vision

In this critical category, your vision refers to the perfect condition you want to achieve. Tell yourself: How do you want to feel about this part of your life? How are you going to want it to look? What would you like to do consistently? Explain your ideal vision simply.

"Your purpose in life is to find your purpose and give your whole heart and soul to it."

- Buddha

Purpose

The reasons behind what you want in this category are referred to in your purpose. What motivates you? What is your motive for achieving your vision? Describe how you want to maximize your life in this element.

*“Nothing is more creative... nor
destructive... than a brilliant mind with
a purpose.”*

- Dan Brown

Strategy

Your strategy applies to the specific measures that will get you from where you want to be now. How are you going to realize your dream? Ask yourself what positive habits, behavior, and measures you should take. What is the dream formula that you want to build?



Passion

Your passion is a sense of intense enthusiasm for something or someone. Desire may vary from an interest or a cause to admiration to interest or activity that is enthusiastic, to a powerful attraction.

“Passion is energy. Feel the power that comes from focusing on what excites you.”

- Oprah Winfrey

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***“The only way to do great work is to
love what you do.”***

- Steve Jobs

Vision

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"If you feel like there's something out there that you're supposed to be doing if you have a passion for it, then stop wishing and just do it."

- Wanda Sykes

Purpose

The reasons behind what you want in this category are referred to in your purpose. What motivates you? What is your motive for achieving your vision? Describe how you want to maximize your life in this element.

"Just don't give up trying to do what you really want to do. Where there are love and inspiration, I don't think you can go wrong."

- Ella Jane Fitzgerald

Strategy

Your strategy applies to the specific measures that will get you from where you want to be now. How are you going to realize your dream? Ask yourself what positive habits, behavior, and measures you should take. What is the dream formula that you want to build?

Passions

What's my ultimate goal for this particular passion?



Emotional Health

This refers to the emotions you are feeling inside? - It is a crucial element of your overall health. When you're emotionally healthy, you can control your thoughts, feelings, and behavior. You can face the challenges of life. You can take into account problems and rebound from retrograde actions. You feel good and have a good relationship with others.

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”

- Helen Keeler

Premise

This refers to your personal beliefs. What do you believe? What is the core value that shapes you? Are you going to support your view? Do they drag you far forward or hold you back? How are you expected or want to be in this part of your life?

*“The emotion that can break your heart
is sometimes the very one that heals it.”*

- Nicholas Sparks

Vision

In this critical category, your vision refers to the perfect condition you want to achieve. Tell yourself: How do you want to feel about this part of your life? How are you going to want it to look? What would you like to do consistently? Explain your ideal vision simply.

“In order to move on, you must understand why you felt what you did and why you no longer need to feel it.”

- Mitch Albom

Purpose

The reasons behind what you want in this category are referred to in your purpose. What motivates you? What is your motive for achieving your vision? Describe how you want to maximize your life in this element.

“Your emotions make you human. Even the unpleasant ones have a purpose. Don't lock them away. If you ignore them, they just get louder and angrier.”

- Sabaa Tahir,

Strategy

Your strategy applies to the specific measures that will get you from where you want to be now. How are you going to realize your dream? Ask yourself what positive habits, behavior, and measures you should take. What is the dream formula that you want to build?

Emotion

When you felt this emotion, what was happening?

Angry

Angry

Depressed

Embarrassed

Stress

Energetic

Excited

Happy

Relaxed

- What are the top four feeling that you do like the most and why?

Part B: Health

Overall health is essential to every person at every life stage. You're building the tools and habits that will help you feel good and live well.



Food

The substance you consumed to provide nutritional value which keeps your mind and body healthy, the feeling and the energy you need to maintain.

“One cannot think well, love well, sleep well if one has not dined well.”

- Virginia Woolf

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*“Let food be thy medicine and medicine
be thy food.”*

- Hippocrates

Vision

In this critical category, your vision refers to the perfect condition you want to achieve. Tell yourself: How do you want to feel about this part of your life? How are you going to want it to look? What would you like to do consistently? Explain your ideal vision simply.

“You are what you eat.”

- Michael Pollan

Purpose

The reasons behind what you want in this category are referred to in your purpose. What motivates you? What is your motive for achieving your vision? Describe how you want to maximize your life in this element.

***“Food is symbolic of love when words
are inadequate.”***

- Alan D. Wolfelt

Strategy

Your strategy applies to the specific measures that will get you from where you want to be now. How are you going to realize your dream? Ask yourself what positive habits, behavior, and measures you should take. What is the dream formula that you want to build?

What keeps you from eating unhealthy food?

Resolutions

What keeps you motivated from eating healthy food?

Four things that you need to do to distance yourself from the cravings?

- 1.

- 2.

- 3.

- 4.

A Letter to Myself about Eating Healthy

Dear Me,

You have tried to get more sleep and drink more water. Before you didn't drink enough water, and you ate foods with high fats and sugar. You made poor food choices and didn't take care of your body, but now.



Body and Movement

Moving your body plays a much more significant role in your emotions, learning, and relationships than just physical attributes such as strength and endurance. A healthy body participates in all our thinking, understanding, feeling, and decision-making processes.

"The body will become better at whatever you do or don't do. If you don't move, your body will make you better at not moving. If you move, your body will allow more movement."

- Ido Portal

Premise

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“Movement is the song of the body.”

-Vanda Scaravelli

Vision

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***“Get comfortable with being
uncomfortable!”***

- Jillian Michaels

Purpose

The reasons behind what you want in this category are referred to in your purpose. What motivates you? What is your motive for achieving your vision? Describe how you want to maximize your life in this element.

“All that is important is this one moment in movement. Make the moment important, vital, and worth living. Do not let it slip away unnoticed and unused.”

- Martha Graham

Strategy

Your strategy applies to the specific measures that will get you from where you want to be now. How are you going to realize your dream? Ask yourself what positive habits, behavior, and measures you should take. What is the dream formula that you want to build?

In the space, provide draw (1) your body and (2) your ideal body to achieve. If your drawing is skills are limited, provide written descriptions.

(1) My Body



(2) My ideal body



How do I achieve my ideal body?

Addition of physical activity to my daily routine (such as walking to office):

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Overcoming Physical Activity Barriers

Barriers

For example,

Lack of time

Solutions

Make time for physical activity during lunch take fitness break instead of coffee breaks.

List four positive things about your body:

1. _____
2. _____
3. _____
4. _____



Finance

Your finance refers to the sense of security as if you have sufficient resources to fulfill your needs. It involves controlling your daily finances and having the freedom to choose financially to enjoy life.

***“Never spend your money before you
have earned it.”***

- Thomas Jefferson

Premise

This refers to your personal beliefs. What do you believe? What is the core value that shapes you? Are you going to support your view? Do they drag you far forward or hold you back? How are you expected or want to be in this part of your life?

*“It’s not how much money you make,
but how much money you keep, how
hard it works for you, and how many
generations you keep it for.”*

- Robert Kiyosaki

Vision

In this critical category, your vision refers to the perfect condition you want to achieve. Tell yourself: How do you want to feel about this part of your life? How are you going to want it to look? What would you like to do consistently? Explain your ideal vision simply.

“It’s not your salary that makes you rich, it’s your spending habits.”

- Charles Jaffe

Purpose

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***“Beware of little expenses; a small leak
will sink a great ship.”***

- Benjamin Franklin

Strategy

Your strategy applies to the specific measures that will get you from where you want to be now. How are you going to realize your dream? Ask yourself what positive habits, behavior, and measures you should take. What is the dream formula that you want to build?

What is your financial goal? (What? Why? And How?)

How will you measure your financial goal? (How many? How much?)

Is achieving your financial goal is realistic? What steps are involved?

What skills and knowledge are necessary to achieve or reach your financial goal? It it do-able?

When you achieve this goal?

Your financial goal is important because:

Potential Obstacles

Potential solutions

What steps/strategies need to be taken to achieve your financial goal?

Steps/strategy:

Expected completion date:

Completed

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Home and Environment

Your home means not only one, but many things. Most importantly, home means a space of security and lively place where love and respect are built. A clean home can have a positive impact on your mental and physical health.

While an environment is a placed that your life with. It affects your growth and development. The situation also affects your behavior, body, mind, and heart.

*“The ache for home lives in all of us the
sage place where we can go as we are
and not questioned.”*

-Maya Angelou

Premise

This refers to your personal beliefs. What do you believe? What is the core value that shapes you? Are you going to support your view? Do they drag you far forward or hold you back? How are you expected or want to be in this part of your life?

*“A man travels the world over in search
of what he needs and returns home to
find it.”*

- George Moore

Vision

In this critical category, your vision refers to the perfect condition you want to achieve. Tell yourself: How do you want to feel about this part of your life? How are you going to want it to look? What would you like to do consistently? Explain your ideal vision simply.

“The earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations.”

- Pope John Paul II

Purpose

The reasons behind what you want in this category are referred to in your purpose. What motivates you? What is your motive for achieving your vision? Describe how you want to maximize your life in this element.

"The state of our surroundings tells the conditions of our soul."

- Lailah Gifty Akita

Strategy

Your strategy applies to the specific measures that will get you from where you want to be now. How are you going to realize your dream? Ask yourself what positive habits, behavior, and measures you should take. What is the dream formula that you want to build?

Home

Why is it essential to keep your home clean?

How can you keep your home clean and healthy?

Bathroom 1. 2 3 4.	Bedroom 1. 2 3 4.
Living room 1. 2 3 4.	Kitchen 1. 2 3 4.

Environment

What does the environment mean to you?

How great environment to you?

How will you protect the environment in your little way?

Part C: Soul

The vision of your soul is to facilitate your wellbeing that creates a connection to your life, through a positive mindset and good relationship



Mindset and Practices

Your mindset refers to your mental attitude based on your environment, experiences, beliefs, environment, and the thoughts and faiths with which you interact most in your lives. Your mindset helps you to manage life situations.

"The mind is just like a muscle – the more you exercise it, the stronger it gets, and the more it can expand."

- Idowu Koyenikan

Premise

This refers to your personal beliefs. What do you believe? What is the core value that shapes you? Are you going to support your view? Do they drag you far forward or hold you back? How are you expected or want to be in this part of your life?

*“Once your mindset changes,
everything on the outside will change
along with it.”*

- Steve Maraboli

Vision

In this critical category, your vision refers to the perfect condition you want to achieve. Tell yourself: How do you want to feel about this part of your life? How are you going to want it to look? What would you like to do consistently? Explain your ideal vision simply.

***“There are no limitations to the mind
except those we acknowledge. Both
poverty and riches are the offspring of
thought.”***

- Napoleon Hill

Purpose

The reasons behind what you want in this category are referred to in your purpose. What motivates you? What is your motive for achieving your vision? Describe how you want to maximize your life in this element.

*“For the things we have to learn before
we can do them, we learn by doing
them.”*

- Aristotle

Strategy

Your strategy applies to the specific measures that will get you from where you want to be now. How are you going to realize your dream? Ask yourself what positive habits, behavior, and measures you should take. What is the dream formula that you want to build?

Write down your fixed mindset and change it to a growth mindset

My fixed mindset

My growth mindset

I hate challenge because it reveals my weaknesses

If I focused nothing is impossible

The Power of Positive Affirmation

An affirmation is something you wish to believe or achieve. It's something you say. Repeating positive assertions to yourself everyday day can help your negative thoughts to become positive.

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Relationship

Your relationship is your personal and social interaction that offers positive productivity. This element is critical to your happiness, and they form the foundation of support and security system.

“The meeting to personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

- Carl Jung

Premise

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“Whenever you're in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude.”

- William James

Vision

In this critical category, your vision refers to the perfect condition you want to achieve. Tell yourself: How do you want to feel about this part of your life? How are you going to want it to look? What would you like to do consistently? Explain your ideal vision simply.

“We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics.”

- Joyce Meyer

Purpose

The reasons behind what you want in this category are referred to in your purpose. What motivates you? What is your motive for achieving your vision? Describe how you want to maximize your life in this element.

“For the two of us, home isn't a place. It is a person. And we are finally home.”

- Stephanie Perkins

Strategy

Your strategy applies to the specific measures that will get you from where you want to be now. How are you going to realize your dream? Ask yourself what positive habits, behavior, and measures you should take. What is the dream formula that you want to build?

Before you can love others, you must love yourself first.

-

My qualities

- 1. _____
- 2. _____
- 3. _____
- 5. _____

Compliments I have received

- 1. _____
- 2. _____
- 3. _____
- 5. _____

Things that make me exceptional

- 1. _____
- 2. _____
- 3. _____
- 5. _____

What I value the most

- 1. _____
- 2. _____
- 3. _____
- 5. _____

To whom I got connected the most and why?

“Keeping a journal gives you a sense of your own story. In a sense, you create a script for your own life as you go along.”

- An

JOURNAL

The purpose of your journal is to act as retrievable, keep sources of inspiration, reflection, insight, and clues related to your wellbeing. It is also an inspirational and motivational tool to be always visited and updated.

Notes:

Every piece of writing that you're creating here is a learning process. It's okay to make mistakes. Just keep going.

You know you have forgotten something nagging feeling or something essential to write and do? With the help FeelGoodX planner. When you know you have written all your necessary information somewhere, it is so more comfortable to live with peace of mind and a wonderful feeling.

For Participants

Hi there,

Storytelling is an art that is found in different types of books. There are only a few notable books that have exceptional storytelling, which is what keeps them being reflected and studied. One of these books is your own. As you embark on your 66 days journey, FeelGoodX's book is a great tool to use to treasure that we can cherish forever in our hearts. This book also enables you to continue on with your journey for whatever life has in store for you. Sometimes all it takes is one extraordinary book to help you to look inside yourself and find a whole different person.

Have a FeelGoodX Journey