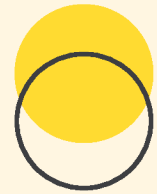


# THE HERO'S



INNER JOURNEY JOURNAL

# MINDSET

**Rotary**



**Mental Health  
Initiatives**  
Rotary Action Group

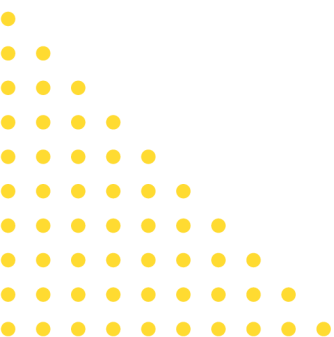
# Disclaimer



The book is not intended to replace therapy or professional help.

We share educational and informational resources that are intended to help your mental well-being. However, you need to know that your ultimate success or failure will be the result of your own efforts, your particular situation, and innumerable other circumstances beyond our knowledge and control.

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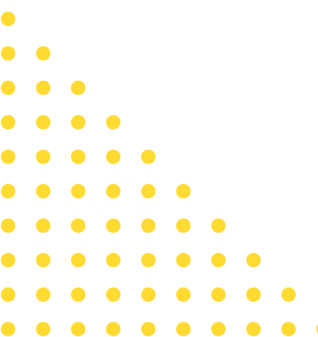
All rights reserved. No part of this book may be reproduced or used in any manner without the written permission of the copyright owner, except for the use of quotations in a book review.

Gregor and Harjot share collective wisdom in this book to encourage mental health and well-being among University students. Their approach for mental health and wellness is universal and relevant regardless of race, gender, or culture.

First hardcover edition January 2023

Journal design by Candela Conde Latini and Delfina  
Conde Latini

If you have accessed this book via the RAGMHI website and intend to use it as a toolkit, limited printing may be permitted upon written approval by Gregor Baum [gregor.rotary@gmail.com](mailto:gregor.rotary@gmail.com)



# Let's Get Connected!

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# The story behind the Journal

The American Dream has inspired many, including Gregor Baum. As a college student from Germany, Gregor pursued this dream by earning a tennis scholarship to N.C. Wesleyan University. His dream of playing professional tennis was within reach until an injury abruptly ended it, leaving him without a backup plan and battling a depression.

In his darkest moments, Gregor turned to journaling to process his feelings. This practice became his lifeline, helping him to bounce back and discover new paths to success. The principles that once drove him on the tennis court now fueled his personal growth and resilience.

Inspired by his journey, Gregor created The Inner Journey Journal and The Inner Journey Workbook but needed help to turn his vision into reality. In one of his classes, Gregor met sisters Candela and Delfina Conde Latini. When he mentioned his project, they were immediately captivated by it. Recognizing its potential, Candela and Delfina eagerly offered their marketing and design skills to bring the journal and the workbook to life. This couldn't have been possible without their help; their invaluable contributions played a crucial role in making this vision a reality.

The Inner Journey Journal, a guide designed to transform

lives by unlocking the hero within, provides a safe space for self-exploration. Created by students for students, the journal uses reflective prompts to encourage individuals to find their inner hero and build a better relationship with themselves, helping them become their best selves. It especially aids students in navigating personal challenges and discovering their true potential.

The American Dream has evolved, shifting from mere personal success to empowering others to become their best selves. Starting in the U.S., this new vision aims to spread worldwide, helping students everywhere unlock their full potential. Dreams can and do come true, often in unexpected ways. Let this journal guide you inward, helping you discover your best self.

Embrace this journey with GH Inner Performance!



# What does Inner Hero mean?

The term "Inner Hero" in this journal symbolizes the part of you dedicated to self-care, self-discovery, and personal growth. Your Inner Hero represents the aspect of yourself that knows what is best for you and eagerly explores your deeper potential.

This concept centers on understanding yourself and building resilience. It involves cultivating a positive relationship with yourself and recognizing that you have the strength to overcome internal struggles such as anxiety, self-doubt, and negative self-talk.

We often admire superheroes for their extraordinary traits and abilities. However, true heroism is not about superhuman powers. Real-life heroes are those who strive to do their best every day, live in alignment with their values, and constantly work towards becoming their best selves.

Think about the people you admire in your life. They might not have superpowers, but they possess unique strengths and abilities that they use to make a positive impact. Your parents, for instance, might be heroes because they give their best effort every day. Your best friend might be a hero because they can always make you laugh and feel better.

In this journal, we will embark on a journey to discover and nurture your Inner Hero. This hero represents the best version of yourself,

and by tapping into this potential, you will find the strength and inspiration to become the person you aspire to be. Together, we will explore the qualities and practices that will help you unleash your Inner Hero and achieve personal growth and fulfillment.

**“Heroism is not about never falling,  
but about rising each time we fall  
and continuing to fight for our best  
selves”**

— Harjot Singh



# **Important note to Traveler**



## **Are you ready for your internal journey?**

It's only designed to take roughly 10 minutes of your day. A person can take longer or shorter.

If you miss one day, that's fine, as long as you come back to it.

# The Power of Journaling

Starting a journaling habit may seem daunting at first, but it's one of the most rewarding steps toward personal growth. Journaling offers a unique opportunity to invest in yourself, providing a space for self-reflection and personal development. By taking small, consistent steps each day, you can unlock your potential and enhance your quality of life.

Writing is a powerful tool for managing thoughts and emotions. By reflecting on your experiences, you can gain clarity, enhance your understanding of energy sources, cultivate gratitude, navigate adversity, and define your success. Just a few minutes of daily reflection can foster personal growth.

Remember, the time you spend on journaling is an investment in yourself. By nurturing your mind and emotions, you fill your own cup, allowing you to share more effectively with others. If you miss a day, don't worry—simply start again the next. Journaling is a journey, and every entry brings you closer to a better understanding of yourself.

This journal is here to guide you through the process, offering prompts and exercises to help you explore key areas of your life. Embrace the journey, and take responsibility for your growth. We believe in your ability to succeed and look forward to witnessing your transformation through the power of journaling.

## **Contract with yourself**

**Welcome on board, are you willing to stay  
aboard the ship?**



Signature

Date

## **Self Reflection**

- DAY 1: My Superpowers
- DAY 2: Journey to Self-Understanding
- DAY 3: The Mirror Within
- DAY 4: Embrace the Now
- DAY 5: Self-Talk
- DAY 6: The Power of your Circle
- DAY 7: Finding the Gaps
- DAY 8: Blind Spots
- DAY 9: Values
- DAY 10: Beliefs
- DAY 11: Feeling High
- DAY 12: World of Fantasy
- DAY 13: Challenge for Heroes
- DAY 14: Fulfillment
- DAY 15: Exploring the Deep Ocean
- DAY 16: Go for a Walk
- DAY 17: Pit Stop #1

## **Energy Sources**

- DAY 18: Fueling Your Energy
- DAY 19: Reclaiming my Energy
- DAY 20: Maximizing Peak Energy
- DAY 21: What Is Your Coffee?
- DAY 22: Energizing Your Digital World
- DAY 23: Recharging in Nature
- DAY 24: Pit stop #2

## 03

### **Gratitude**

DAY 25: Go Be Grateful

DAY 26: Noticing The Glass Is Half Full

DAY 27: Give Yourself a Pat on the Back

DAY 28: Challenge for Heroes: Acts of Kindness

DAY 29: Embracing Future Gratitude

DAY 30: Incorporating Gratitude Daily

DAY 31: Pit stop #3

## 04

### **Adversity**

DAY 32: Life Happens

DAY 33: Detour Ahead

DAY 34: Disguised Blessings

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DAY 37: Pit stop #4

## 05

### **Success**

DAY 38: Success

DAY 39: Who Defines Success

DAY 40: Inner Success

DAY 41: Successful Attitude

DAY 42: Lifelong Learner as a Path to Success

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**“ The most powerful relationship you will ever have is the relationship with yourself. Journaling is a powerful tool to nurture this relationship. ”**

— Steve Maraboli

**In what ways can you use journaling to strengthen your relationship with yourself? What aspects of your life or personality would you like to explore more deeply through journaling?**

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# SELF-REFLECTION

Self-reflection is the process of introspection and examination of one's thoughts, feelings, and behaviors. It involves taking a step back from the hustle and bustle of daily life to gain deeper insights into who you are, what drives you, and how you interact with the world. Self-reflection is a powerful tool for personal growth, as it allows you to assess your strengths and weaknesses, understand your motivations, and align your actions with your values and goals. By regularly engaging in self-reflection, you can become more self-aware, make more informed decisions, and cultivate a more authentic and fulfilling life.

This section of the journal is designed to guide you through the process of self-reflection. Through a series of prompts and exercises, you will explore your inner world, examine your experiences, and gain insights into your personal journey. This practice will help you develop a deeper understanding of yourself and foster a more intentional and fulfilling life.



# DAY 2

## Journey to Self-Understanding

Understanding who you are at your core is essential for building a strong foundation in life. By reflecting on your self-identity, you can uncover your core values, beliefs, and passions. This process helps you make decisions that are true to your authentic self, leading to a more fulfilling and honest life.

**Who am I at my core? When do I feel the most like myself? What values and beliefs shape who I am?**

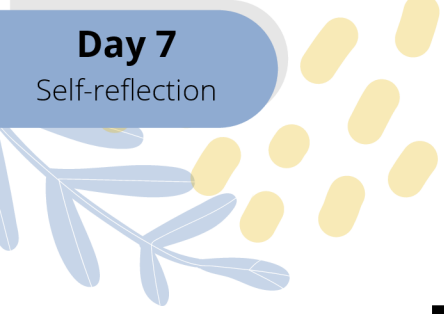
A series of 15 horizontal yellow bars, stacked vertically, providing space for writing answers to the reflection question.











# DAY 7

## Finding The Gaps

Everyone has areas they want to improve, and the first step is recognizing them without judgment. By being open and vulnerable, you can address your weaknesses in a healthy way without pretending to be someone you're not. Embracing your imperfections is a sign of strength and authenticity.

**What do I want to improve in my life? Where do I feel there's room for growth?  
I will write down these areas with self-compassion and reflect on how  
accepting these gaps can empower me to make positive changes.**

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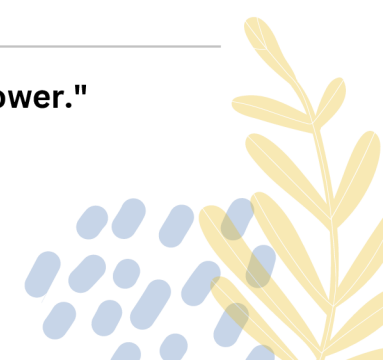
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**"Mastering others is strength. Mastering yourself is true power."**

- Lao Tzu.



# DAY 8

## **Blind Spots**

We often overlook certain qualities in ourselves because we consider them "normal." By seeking feedback from people we trust, we can gain a new perspective on our strengths and weaknesses. This outside insight can help us better understand ourselves and areas we might not see clearly.

**I will ask three people who know me well and whom I trust to share how they perceive me. I will ask them to identify my strengths, weaknesses, and most important qualities. I will write down their responses and reflect on what I learn from their feedback.**

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# DAY 10

## Beliefs

Beliefs shape how we see the world and influence our actions, often operating at a subconscious level. Some beliefs empower us, while others can hold us back. By identifying these beliefs, you can start to reinforce the positive ones and challenge those that limit your growth.

**What are some of the beliefs I currently hold? I will reflect on both my positive and negative beliefs. Which beliefs help me, and which ones hold me back? I will write them down and consider what I would like to change about my beliefs to move forward in life.**

Negative Beliefs

Positive Beliefs

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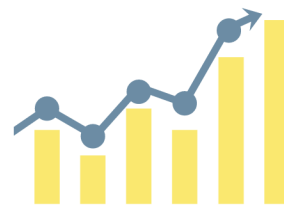
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# DAY 11

## Feeling High



Reflecting on moments of joy and accomplishment offers powerful motivation beyond just good memories. By reconnecting with the emotions from these highs, you can bring purpose, confidence, and positivity into your daily life. These reflections also remind you of your capabilities and can guide you in setting future goals while providing resilience during challenging times.

**I will recall a moment of joy or accomplishment. How did it make me feel? I'll write down those emotions and consider how I can use them to motivate myself daily.**

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# DAY 13



## **Challenge For Heroes**



On Day 12, you explored what makes you uncomfortable or holds you back. Now, it's time to step beyond those limits. Pushing yourself out of your comfort zone helps you grow and realize that the things you avoid are often not as difficult as they seem. Whether it's something small like taking a cold shower or trying a new activity, taking this step is a victory. Growth happens when you embrace discomfort.

**Today, I will choose one area where I feel resistance or discomfort and face it. How did I feel before, during, and after? Was it as tough as I expected? I will write down my experience and celebrate my effort in stepping out of my comfort zone!**

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# DAY 14

## Fulfillment

We all seek fulfillment in life, but it can come from different places for each of us. Fulfillment is about feeling complete and satisfied with where we are in life. Some people find it in helping others, while others feel fulfilled through their relationships, personal achievements, or passions. The key is to understand where you find that sense of satisfaction and purpose.

**What does fulfillment mean to me? I will reflect on when I feel truly content and where that sense of fulfillment comes from. I'll write down how these moments shape my life.**

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# DAY 15

## Exploring The Deep Ocean

Understanding your "why" is key to living a purposeful life. It's not about what you'll achieve or who you'll become; it's about knowing the deeper reasons behind your actions and existence. Without this clarity, even the biggest successes may feel empty. While your "why" may not be obvious right now, reflecting on it can guide your decisions and actions, helping you lead a more meaningful and fulfilled life.

**Why am I here, and what do I expect from the world? I will take time to reflect on my purpose. Even if it's unclear, I'll explore what drives me and what I hope to give and receive from life. I'll write down my thoughts and any realizations I discover.**

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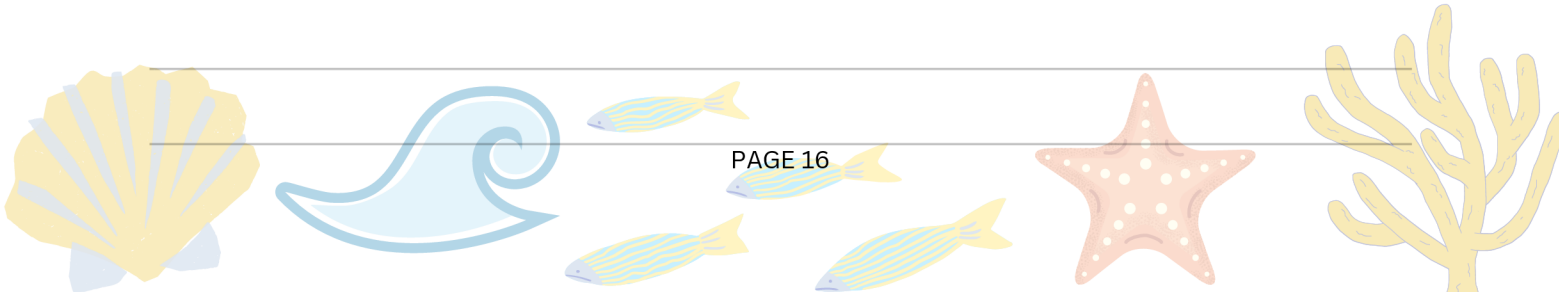
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# ENERGY SOURCES

Energy sources are the vital fuels that power our lives, providing us with the strength and vitality to navigate through daily challenges and pursue our goals. They can be physical, such as food and exercise, or more abstract, like emotional well-being, mental clarity, and spiritual fulfillment. Understanding and harnessing these energy sources is crucial for maintaining balance and achieving a harmonious and productive life. By recognizing what energizes and drains you, you can make more informed choices to sustain your well-being and optimize your performance.

This section of the journal is designed to help you explore and identify your personal energy sources. Through a series of prompts and exercises, you will examine the various aspects of your life that contribute to your energy levels and overall vitality. This practice will enable you to cultivate habits and routines that enhance your energy, allowing you to live a more vibrant and balanced life.





# DAY 18

## Fueling Your Energy



Identifying and prioritizing activities that leave you feeling energized can significantly enhance your overall well-being and productivity. By reflecting on these activities, you can make conscious choices to incorporate more of them into your daily routine.

**What activities energize me? Which ones do I practice regularly, and which have I been neglecting? How can I make more time for them and ensure they become a regular part of my routine?**

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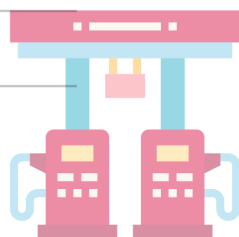
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# DAY 21

## What Is Your Coffee?

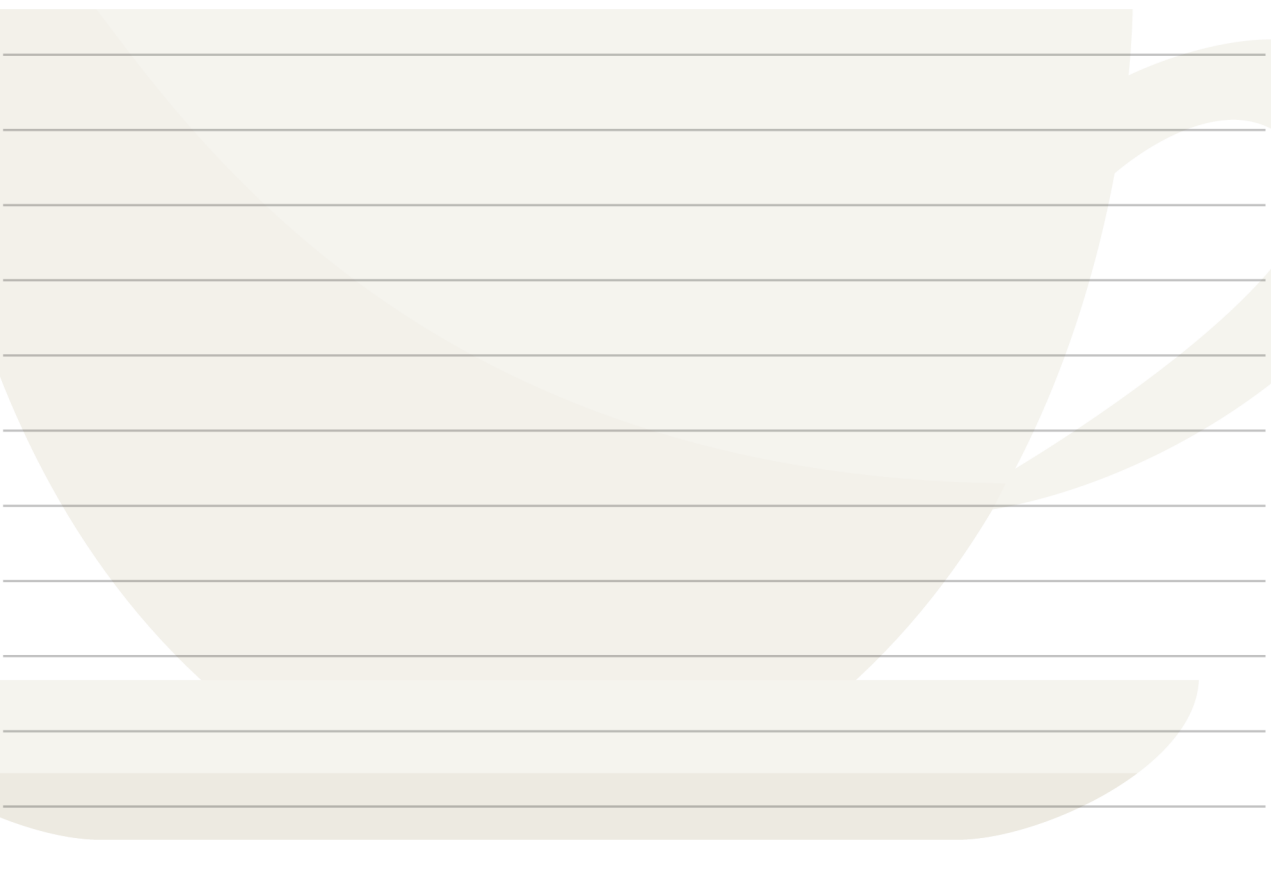
Physical wellness, including exercise, diet, and sleep, plays a crucial role in maintaining high energy levels. Reflecting on your health habits helps you identify areas for improvement and develop a plan to enhance your overall well-being. By improving these areas, you can increase your focus, productivity, and overall mood.

**What physical activities leave me feeling energized? How does my diet impact my energy levels? Am I getting enough quality sleep? What changes can I make to my exercise, diet, or sleep routine to boost my energy?**

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# DAY 23


## Recharging in Nature

Spending time in nature can be a powerful source of energy and renewal. Reflecting on your connection with the outdoors can help you incorporate more outdoor activities into your routine, reducing stress, improving mental clarity, and boosting your overall well-being.

**How does spending time in nature affect my energy? Which outdoor activities refresh me the most? How often do I spend time outside, and is it enough? I will write a plan to include more nature in my life and outline steps to make outdoor activities a regular part of my routine.**



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A large, rounded rectangular box with a yellow border and three horizontal lines for writing.



# **DAY 24**

## **Pit stop #2**



Energy is essential to living a balanced and productive life. Over the past weeks, you've explored what fuels you and what drains you. Reflecting on your energy sources helps you better understand how to manage your energy for optimal well-being. By becoming aware of these factors, you can make informed choices that sustain and enhance your vitality.

**After completing this module, take a moment to reflect on the insights you've gained about your energy levels. What energizes you the most? What drains you? How has this awareness affected your daily habits and overall well-being? What changes can you make moving forward to better manage your energy?**

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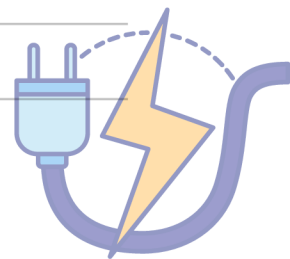
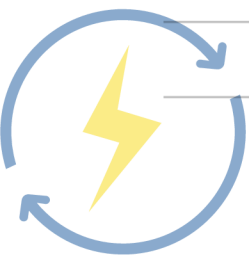
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# Gratitude

Gratitude is the practice of recognizing and appreciating the positive aspects of your life. It involves acknowledging the goodness around you, from the small, everyday moments to the significant milestones. By focusing on what you are thankful for, you can cultivate a positive mindset, enhance your well-being, and build stronger connections with others. Gratitude shifts your perspective, allowing you to see the abundance in your life rather than dwelling on what is lacking. This simple yet powerful practice can lead to greater happiness, resilience, and a more fulfilling life.

This section of the journal is designed to guide you through the practice of gratitude. Through a series of prompts and exercises, you will reflect on the things you appreciate, recognize the of others, and celebrate the joys in your life. This practice will help you develop a habit of gratitude, fostering a more positive outlook and enriching your daily experiences.

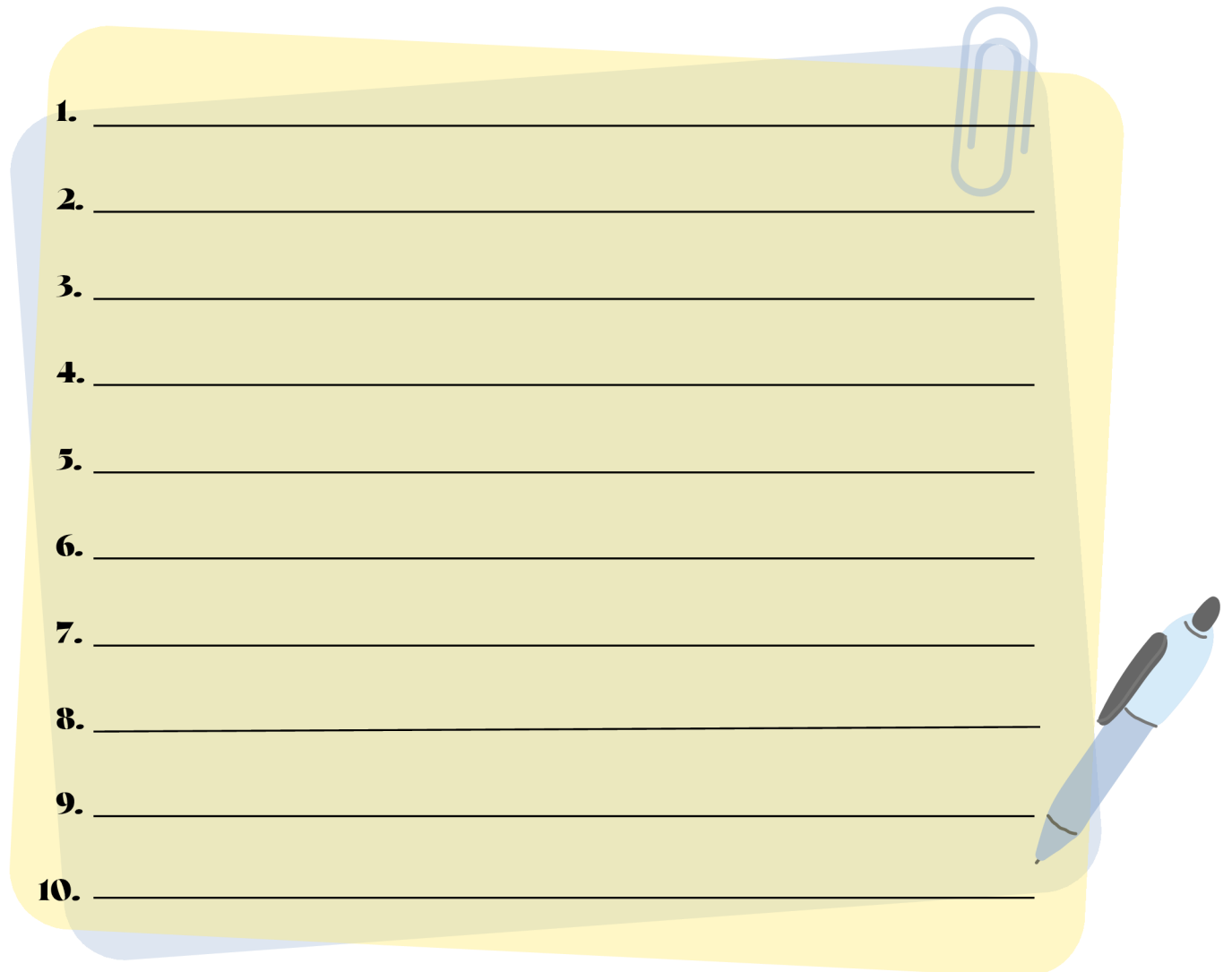


# DAY 25

## Go Be Grateful

Taking time to reflect on what we are grateful for can significantly enhance our overall happiness and well-being. By acknowledging the positives in our lives, we shift our focus from what may be lacking to the abundance that surrounds us. This practice not only boosts our mood but also helps us develop a more positive mindset and resilience.

**Today, I will write down 10 things I am grateful for. These can be anything from small moments of joy to significant relationships in my life.**



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10. \_\_\_\_\_

**"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."**

- Oprah Winfrey

# DAY 26

## Noticing the Glass is Half Full

The phrase "the glass is half full" emphasizes the importance of gratitude by encouraging us to focus on the positives in every situation rather than dwelling on the negatives. Our perception of reality shapes how we experience the world and influences our emotions. By consciously choosing to look for the good, even in challenging circumstances, we cultivate an attitude of gratitude that transforms our emotional responses and builds resilience. Reflecting on past experiences allows us to recognize the valuable lessons learned through adversity, fostering a deeper appreciation for our journey and the growth that comes from it.

**I will think of a recent challenge I faced and identify at least three positive outcomes that emerged from it. What aspects of this situation can I appreciate, even if it was difficult? How can focusing on the positives help me cultivate a mindset of gratitude moving forward?**

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# DAY 28

## Challenge For Heroes: Acts of Kindness



One of the most fulfilling emotions in life comes from serving others. Research shows that acts of kindness can release endorphins, the brain's natural painkillers, helping to boost our mood and overall well-being. Engaging in acts of kindness not only brightens someone else's day but also enhances our own happiness and sense of purpose.

**Today, I will perform an act of kindness. I will be creative and make an effort to brighten someone's day. After completing the challenge, I will write down what I did and how it made me feel.**

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# DAY 29

## Embracing Future Gratitude

Practicing gratitude for the future is a powerful way to cultivate hope and positivity in your life. By focusing on what's to come, you open yourself up to new opportunities and experiences. This mindset encourages you to visualize your goals and aspirations while appreciating the journey ahead. Embracing future gratitude allows you to manifest the life you desire and prepares you to welcome new blessings with an open heart.

**Today, I will reflect on the future and express gratitude for what is coming into my life. I will write down three things I am excited about or hope to achieve in the future. I'll take a moment to visualize these goals and how they will make me feel. By embracing this gratitude, I will open myself up to new possibilities and cultivate a positive outlook on what lies ahead.**

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# DAY 31

## Pit stop #3



Gratitude is not just a fleeting emotion; it's a powerful practice that can transform how we experience life. Reflecting on gratitude helps us appreciate the abundance around us and recognize the positive moments that often go unnoticed. By embracing gratitude, we cultivate a more positive mindset and strengthen our emotional resilience.

**After completing this module, take a moment to reflect on the insights you've gained about gratitude. How has practicing gratitude changed your perspective on your life? In what ways have your thoughts and feelings shifted since you began this practice? What specific benefits have you noticed, and how can you continue to incorporate gratitude into your daily routine?**

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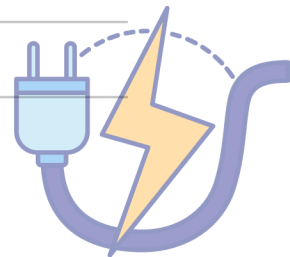
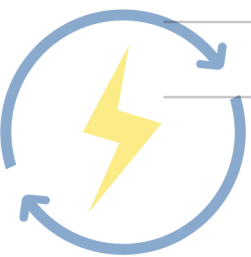
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# Adversity

Adversity is an inevitable part of life, encompassing the challenges, setbacks, and difficulties we encounter along our journey. Facing adversity can be daunting, but it also offers opportunities for growth, resilience, and self-discovery. By learning to navigate these tough times with courage and determination, you can emerge stronger and more capable. Embracing adversity allows you to develop problem-solving skills, build mental toughness, and gain a deeper appreciation for the positive aspects of life.

This section of the journal is designed to help you reflect on and work through adversity. Through a series of prompts and exercises, you will explore past challenges, identify your coping mechanisms, and develop strategies for future obstacles. This practice will enable you to build resilience, learn from your experiences, and approach adversity with a mindset that fosters growth and empowerment.



# DAY 32

## Life Happens

Life is full of setbacks and difficult moments that everyone encounters. During these challenging times, having something to look forward to can provide the motivation to keep going. However, it's easy to feel overwhelmed and lost in the struggle. Recognizing and accepting the difficulties we face is crucial for navigating tough situations. By reflecting on these challenges, we can gain valuable lessons and wisdom, helping us avoid making the same mistakes in the future.

**I will reflect on a challenging moment in my life and identify the lessons I learned from it. What feelings did I experience, and what mistakes did I make? How can I apply these insights to avoid similar challenges in the future? I will write down my thoughts to reinforce my understanding and growth from this experience.**

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# DAY 33

## Detour Ahead



Life is full of unexpected challenges, and things often don't go as planned. These detours can lead us to new opportunities and outcomes that we might not have imagined. How we respond to these situations shapes our journey. While we can't control the events that occur, we have the power to choose our reactions and attitudes. Recognizing that our mindset is within our control allows us to approach difficulties with resilience and an open heart, ultimately leading us to paths that are even better than we initially envisioned.

**I will reflect on a time when things didn't go as planned and led to an unexpected outcome. What was the detour I faced, and how did it ultimately bring me something greater? I'll write down my thoughts on how this experience has shaped my perspective and journey.**

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**"You can't control life, but you can control the choices you make to change your life."**

- Gregor Baum.

# DAY 34

## Disguised Blessings

Suffering can serve as one of life's most profound teachers, often imparting valuable lessons that we might not recognize in the moment. While it can feel overwhelming and disheartening, many of us discover that hardships lead to unexpected growth and positive change. As we reflect on our experiences, we can see how these challenges have shaped us into wiser and more resilient individuals, ultimately helping us become our own heroes.

**I will reflect on a recent setback and identify the specific steps I took to bounce back. What strategies helped me regain my footing and maintain a positive mindset? I'll write down my thoughts on how facing this adversity has strengthened my resilience and contributed to my personal growth.**

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# DAY 35

## Bouncing Back

Feeling down is a natural part of life, and experiencing difficult emotions is completely normal. It's important to allow ourselves to process these feelings and regain our composure. The lessons we learn from adversity often outweigh the pain, helping us grow stronger and more resilient.

**I will reflect on a time I faced a setback and consider how I bounced back from it. What lessons did I learn, and how can I apply them to future challenges? I'll write down my thoughts to reinforce my growth and resilience.**

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# DAY 37

## Pit stop #4



Adversity is an inevitable part of life that offers valuable lessons and opportunities for growth. Reflecting on how we've navigated challenges allows us to recognize our resilience and the strength we've developed through tough times. Embracing these experiences can lead to personal transformation, helping us emerge wiser and more capable.

**After completing this module, take a moment to reflect on the insights you've gained about facing adversity. How have my thoughts and feelings shifted regarding challenges? What lessons have I learned about myself during difficult times? How can I apply these insights to future obstacles?**

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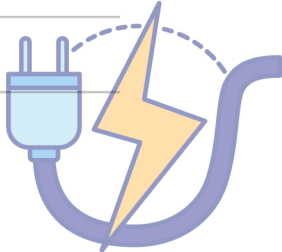
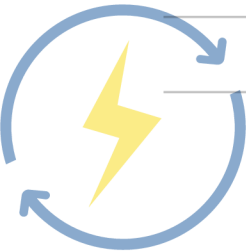
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**“ Some changes feel negative on the surface but you will soon realize that space is being created in your life for something new to emerge. ”**

**– Eckhart Tolle**

**What recent change in my life felt negative at first? I will reflect on how this change has led to positive outcomes or new opportunities. What benefits have emerged from this experience, and how can I appreciate the growth that came from it?**

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# Success

Success is the achievement of goals and aspirations that hold personal meaning and value. It encompasses not only external accomplishments and recognition but also personal fulfillment, growth, and the realization of one's potential. True success is deeply individual, shaped by your values, passions, and vision for your life. It includes cultivating character strengths, pursuing what you love, and living with purpose. By defining what success means to you—internally and externally—and pursuing it with intention, you can create a life that is both rewarding and meaningful.

This section of the journal is designed to help you explore and define your own vision of success. This practice will help you align your actions with your values, stay motivated, and celebrate your progress, leading to a more fulfilling and successful life.







# DAY 41

## Successful Attitude

Success goes beyond external achievements; it encompasses our ability to manage our internal world as well. A successful attitude involves taking control of our emotions and mindset, especially in the face of challenges. By cultivating a positive attitude, we can navigate obstacles with resilience and maintain a sense of purpose. Reflecting on how we manage our thoughts and feelings is essential, as this self-awareness contributes to our overall sense of accomplishment and fulfillment.

**How do I take charge of my attitude during challenging situations? In what ways do I manage my emotions to stay grounded and positive? I will write about a recent moment when I successfully managed my attitude or emotions and how that experience contributed to my sense of accomplishment.**

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# DAY 42

## Lifelong Learning as a Path to Success

Success is not solely defined by reaching specific goals; it encompasses the journey of growth, adaptation, and openness to new ideas. Embracing a curious mindset and a commitment to lifelong learning can significantly impact your personal and professional evolution. This approach allows you to continually expand your knowledge and skills, making you more resilient and adaptable in a rapidly changing world.

**How can a lifelong learning mindset lead to success in my life? Which areas of my life or career could benefit from continuous learning? I will reflect on how embracing the idea that there's always more to learn contributes to my long-term success and write about a specific way I can implement this attitude to achieve my goals.**

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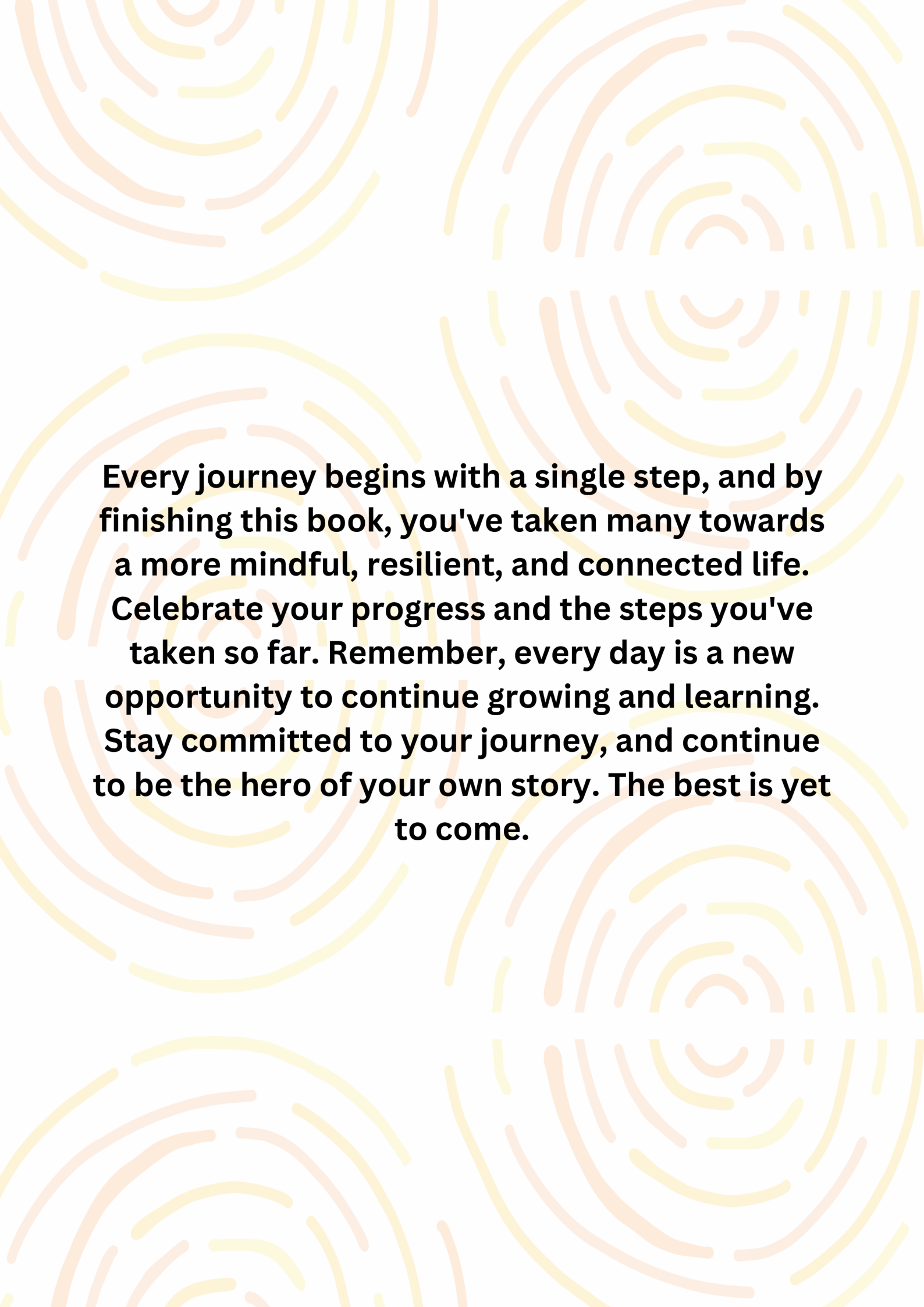
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**Every journey begins with a single step, and by finishing this book, you've taken many towards a more mindful, resilient, and connected life. Celebrate your progress and the steps you've taken so far. Remember, every day is a new opportunity to continue growing and learning. Stay committed to your journey, and continue to be the hero of your own story. The best is yet to come.**

## What's Next?

Now that you've completed this journal, you've made significant strides in five key areas: Self-Reflection, Energy Sources, Gratitude, Adversity, and Success. Here are some suggestions on how to continue your journey:

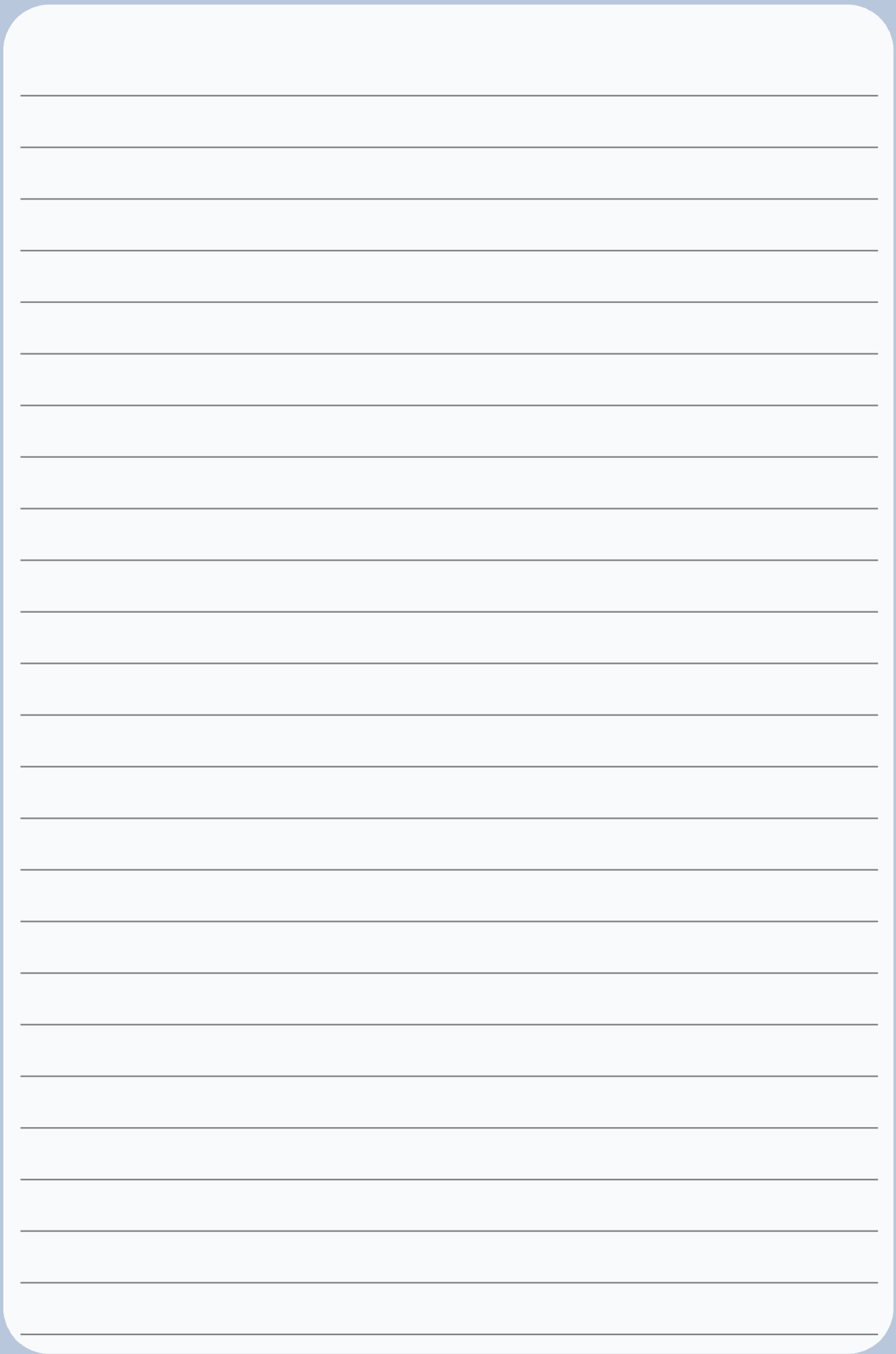
1. **Self-Reflection:** Continue journaling regularly to stay in tune with your thoughts and feelings. Regular self-reflection will help you maintain self-awareness and adapt to changes in your life.
2. **Energy Sources:** Pay attention to what energizes and drains you. Make conscious choices to incorporate activities and habits that boost your energy levels.
3. **Gratitude:** Keep a gratitude journal to acknowledge and appreciate the positive aspects of your life. Reflecting on what you are thankful for can enhance your well-being and foster a positive mindset.
4. **Adversity:** Embrace challenges as opportunities for growth. Reflect on past adversities and how you overcame them. Develop strategies to cope with future obstacles, and remind yourself of your resilience and strength.
5. **Success:** Regularly revisit and update your definition of success. Set new, meaningful goals and celebrate your achievements. Stay motivated by aligning your goals with your values and passions.

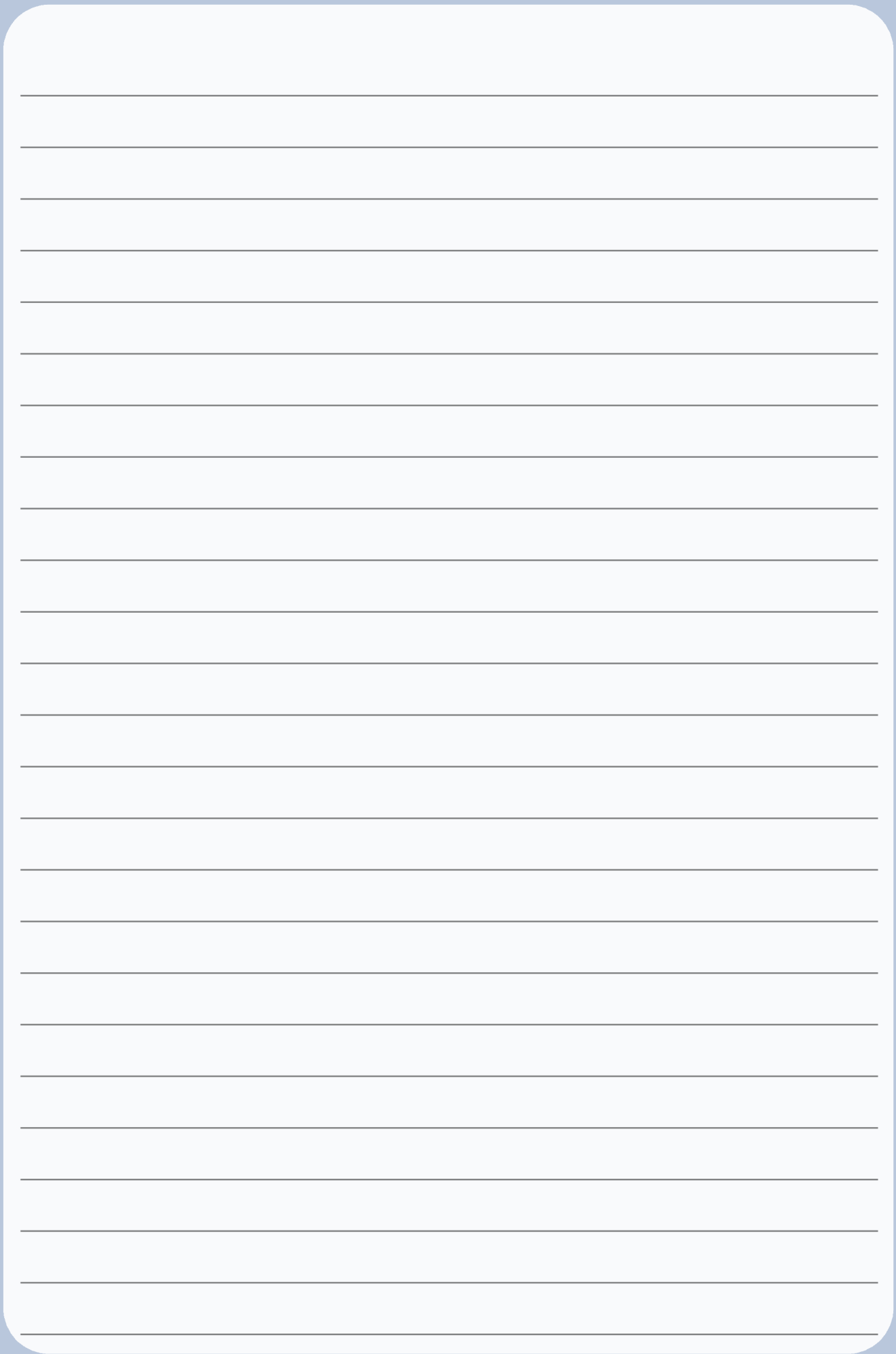
### Moving Forward:

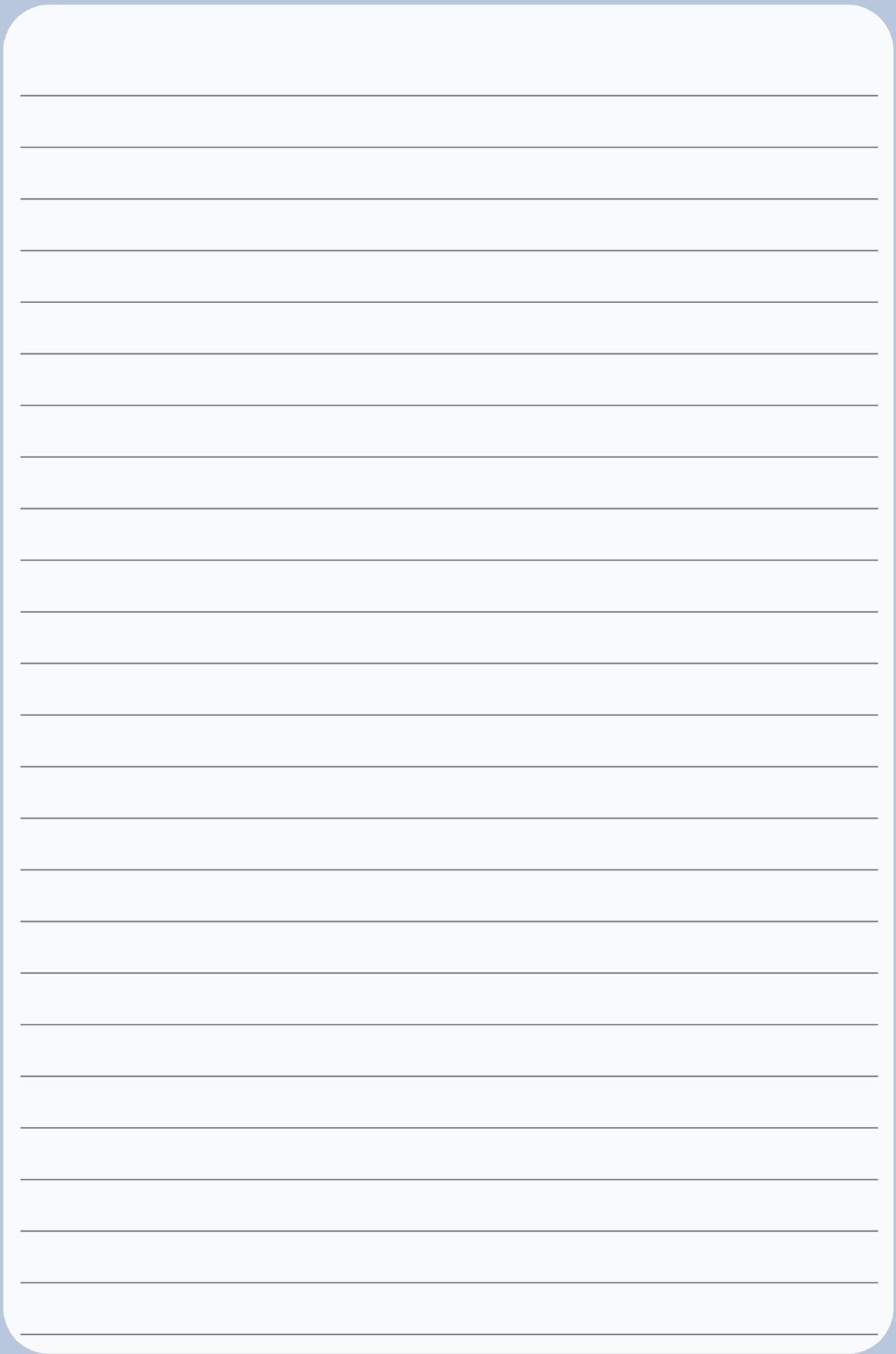
As you continue on this journey, remember that growth is a continuous process. Stay curious, stay committed, and most importantly, stay true to yourself. You have the power to create the life you desire, one step at a time. Keep being the hero of your own story.

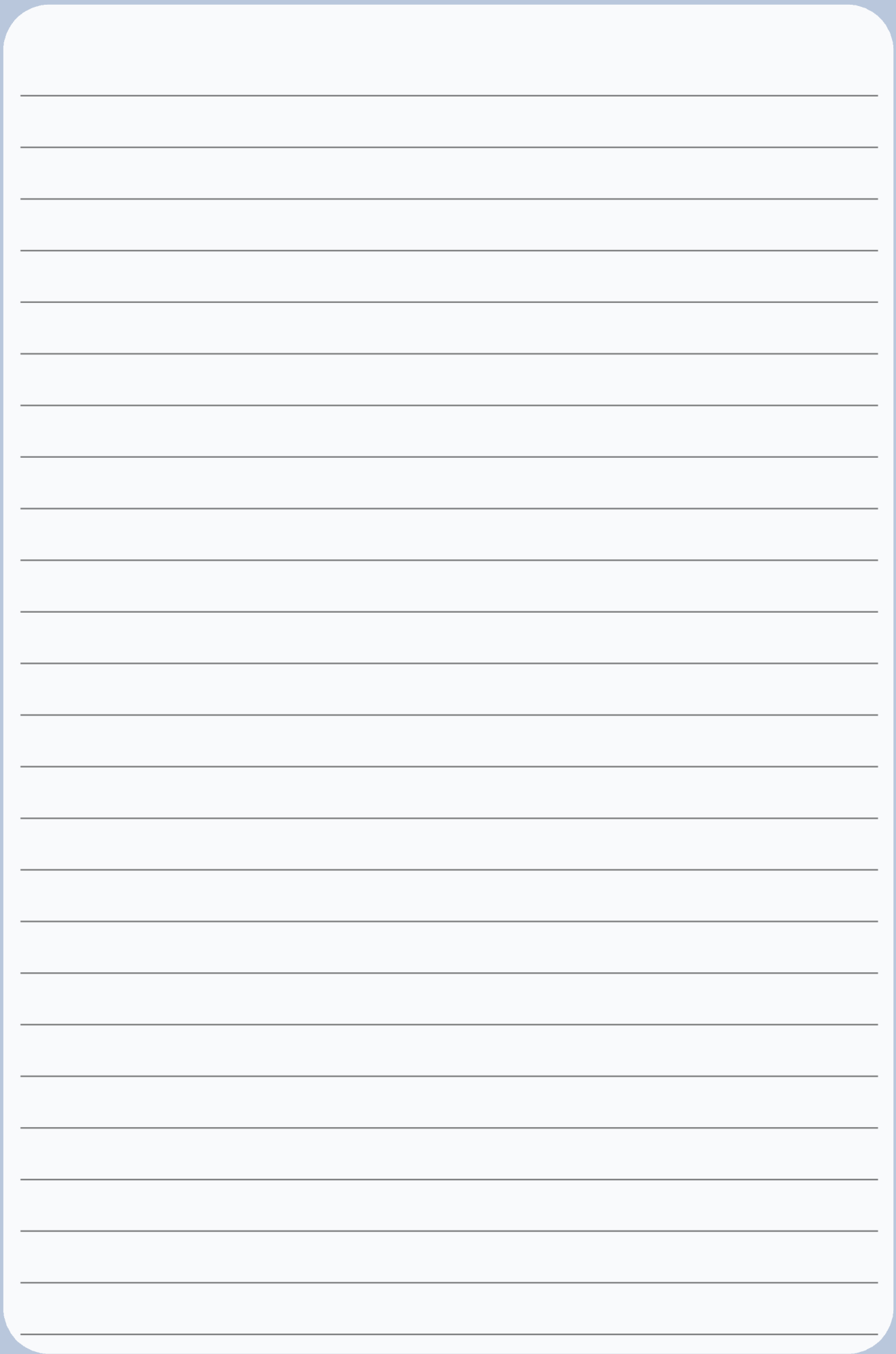
# **Afterthoughts and Reflections**











## What others have to say

**“ Self-reflection and building resiliency are two of the most important aspects of successful inner transformation. The Inner Journey Journal, The Wesleyan Mindset, by authors Gregor Baum and Harjot Singh, provides introspection from a student's point of view to establish a successful mindset to combat the struggles that many students encounter on their life's journey. ”**

Dr. Evan D. Duff - President of North Carolina Wesleyan University, United States

**“ Gregor and Harjot share collective wisdom in this book to encourage mental health and well-being among University students. Their approach for mental health and wellness is universal and relevant regardless of race, gender, or culture. ”**

Tyson, Lee - Counselor at North Carolina State University, United States

**“ Gregor, Hardy, Delfina and Candela are four amazing young adults with tremendous insight into the challenges of today. Transparent and charismatic. Their unique perspective and global background have helped them create the Hero Mindset. A must read. ”**

Dr. Gena Messer Knode - Executive Director of The Eastern North Carolina Center for Business and Entrepreneurship, United States

## What others have to say

**“ The Inner Journey Journal has provided me an insight and a better understanding of myself. This has allowed me to deal with the challenges presented in life and overcome them in a calm manner. After completing the book, I have found myself feeling serene and enjoying my day-to-day significantly more. ”**

Benedek Kaibas - Student at Allegheny College, United States

**“ Mental health was something I often overlooked throughout my life because I was never provided the skills and strategies to deal with my emotions. Utilizing the Inner Journey Journal has been life-changing as I have been able to build a better relationship with myself and connect with my peers much more easily. ”**


Nelly Ohuabunwa - Student at University of North Carolina Chapel Hill, United States

**“ There haven't been many opportunities throughout school to reflect and understand oneself. It's great to have the Inner Journey Journal to act as a guide that can help me become more aware of myself and build good habits that can help me become the best version of myself. I think students just have to give it a go. ”**

James Zeng - Student at University of Auckland, New Zealand

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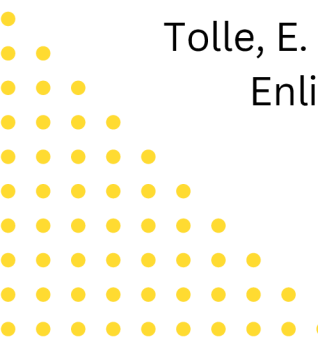
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