



THE
AWESOME
HUMAN
JOURNAL

*A Tool Kit for the Tough Days, the Good Days,
and All the Days in Between*

NATALY KOGAN

JOURNAL EXCERPT

DAILY PRACTICE

How am I feeling today?

[Large dotted-line box for writing]

What would I say to a friend who felt this way?

[Two horizontal dotted lines for writing]

Today, I'm grateful for...

1
.....
2
.....
3
.....

1 thing I could do to have a better day:

[A white rectangular box with a dotted border for writing an answer.]

What am I looking forward to this week?

[Four horizontal dotted lines for writing an answer.]

Today, I'm an Awesome Human because...

[A large white speech bubble with a black outline for writing an answer.]

NOTE TO SELF

When your day is
over, let it be over.

Don't let its leftovers
ruin the freshness
and possibility of the
next day.

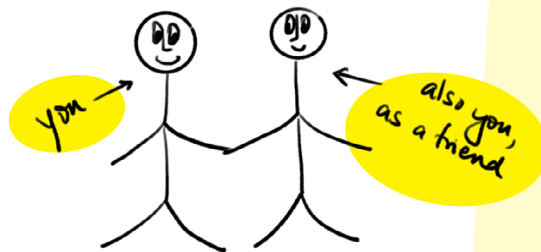
@natalykozam

ANYTIME - YOU - NEED
PRACTICE

TALK TO YOURSELF
LIKE A FRIEND

Unfortunately, most of us are too familiar with the harsh inner critic who lives in our brain.

But you can learn to quiet your inner critic by practicing self-compassion (aka treating yourself as you would a friend).



SELF-COMPASSION 101

Self-compassion means:

- ☑ You acknowledge that you are a human being
- ☑ Like all human beings, you can't do everything perfectly and sometimes you make mistakes (omg!)
- ☑ When something goes wrong or you make a mistake or fail at something, you treat yourself in a way that reduces struggle

... like you would treat a friend!

One of the most powerful ways to practice self-compassion is to practice talking to yourself as you would to a friend.

TRY IT!



TALK TO YOURSELF LIKE A FRIEND

Unkind
self-talk

"You are so
lazy - you didn't
finish what you
planned to do!"

What you'd say
to a friend

"You probably
overestimated what
you could get
done. Get some rest
and start fresh
tomorrow."

Tips for practicing.

- Pick a friend and imagine that you're talking to him or her as you practice.
- Don't become discouraged if this is challenging at first. If your inner critic has been allowed to talk to you non-stop for years, it will take time for your voice of self-compassion to become more confident.
- Remember: Any progress is still progress!

(This is a good reminder for all practices.)

CREATIVITY BREAK!

Write a gratitude note
to one of your "imperfections"

Pick something about you that
your inner critic loves to criticize.

A body part, a habit, anything.

Think about why you might be
grateful to this "imperfection."

Look at this "imperfection" with kind
eyes as if it were valuable and
loved.

And now, write a **gratitude**
note to your "imperfection."



Dear
"imperfection"

I haven't told you lately (or ever),
but I'm grateful for you because :

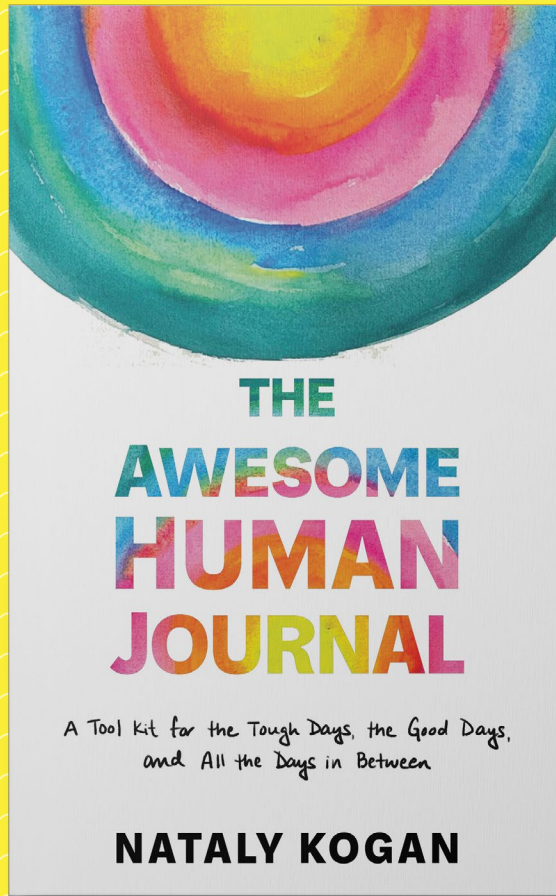
.....
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And while I know that I can be unkind
to you, in the future I will try to :

.....
.....
.....
.....
.....
.....

With love,

.....
your signature



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NATALY KOGAN is a leading expert in emotional fitness and leadership. After coming to the US as a refugee from the former Soviet Union, Nataly went on to have a successful career as a technology executive. But she suffered a debilitating burnout that led her to find a new way to work and live. Today, she helps hundreds of thousands of Awesome Humans struggle less and thrive more through speaking, leadership training programs, online courses, books, and *The Awesome Human Podcast*. Visit natalykogan.com.

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