



Author:  
Sebastian Fichtner  
tagebuch@flowtoolz.de

Layout and typesetting:  
Christian Krügel  
christian.kruegel@gmx.de

Printing and binding:  
kina books  
Adina Schröter  
kinabooks.jimdo.com

©2015, 2017

# The 33Day-Diary

Own your habits

# Introduction

This is not your ordinary diary, and it's not for everyone. In fact, it's not really a diary at all. It's not something to read later when you want to immerse yourself in the past, recall the long-lost everyday details of days gone by, or get lost in a dialogue with yourself. The 33Day-Diary is a meditation exercise meant to challenge and transform your awareness.

If you let yourself go with the experiment and follow the instructions, you will see a positive change in your life in 33 days. You will find yourself achieving your potential happiness and success better and better, moment by moment, day by day.

The 33Day-Diary can become one of your best habits. Here's how: every day has two pages devoted to it. In the morning, when you get up, you fill in the page on the left-hand side; in the evening, before going to sleep, you fill in the page on the right. This will take about five to ten minutes each day.

The system is the same every day, and it will quickly become automatic for you. In the end, the important thing is not what you've written down on the page, but rather what you are thinking and feeling as you're doing it. In essence, the questions are little meditation exercises.

The next section gives you some guidelines to help you, and at the end of this book you will find a general summary of the psychological basis of the 33Day-Diary.

# Guidelines

*In 33 days, you can turn an action into a habit. They don't even have to be consecutive days, and if you don't manage to make an entry in the evening, it's all right – you can do it the next day.*

Each exercise is designed to train a different mental quality. These are explained in this guideline section. Each explanation begins with an example. If you have any thoughts about them as you are reading, you can jot them down in the space provided at the end of the book.



*Yesterday, I overcame this (small) hurdle: I rang up an old friend who I hadn't spoken to for a very long time. Afterwards I felt like this: relieved, connected, surprised, acknowledged.*

Recall all moment yesterday that you forced yourself to accomplish an unpleasant but important task. It could be something as simple and small as getting out of bed. Everyone has little victories every day, even if sometimes they are the lessons learned from making a mistake.

Try to bring back the feeling you had when you were forcing yourself to get the job done, especially the pleasant aspects that you felt afterwards.



*Today I'm taking a step towards this major goal: me being my own boss, working when and where I want to, and earning seven times as much as I did last year.*

Think about what meaning this day should have. What's the medium or long-term life goal you are devoting this day to? Keep in mind that these dreams and goals don't change day to day, so it is perfectly okay if you enter the same thing here most of the time.

Sometimes it's enough to link certain aspects of your day to a worthwhile intention. The meaning that you can assign to a day full of unavoidable and tedious meetings might be that you want to show others that you are someone who can make that kind of meeting a funny and productive event.

You can also concentrate on private and social goals. Spending an entire day with your partner might have the meaning of making you both happy, deepening your relationship, or simply living a balanced and enjoyable life.

For this exercise/meditation, you should be aware of your personal values and goals. If you need help with this, at the end of this book you will find some resources that can help you find clarity about the direction you want to go.



## Focus

*For today to be an excellent day, all I need to do is:*

1. *Finish task X for project Y*
2. *Talk to person X about starting a collaboration*
3. *Work out, meditate*

*In doing the tasks above, I am practicing the following strengths: I am systematic. I have a good feeling for people/I am able to find common ground quickly. I feel good physically and I have fun doing sport X.*

Think about up to three tasks that you will complete today. What's really important for this day? Concentrate on the minimum necessary to bring you a little closer to the goal you've just written down.

This is about setting priorities very much as described in Stephen Covey's well-known matrix (see the recommended reading at the end of this book). Tasks that are goal-oriented but not urgent take priority over seemingly urgent issues! Without a heightened awareness of this aspect, and without a plan of action, most people do things the other way round.

Which of your personal strengths will help you achieve your objective today? Choose no more than three, and then imagine how you will use them in the achievement of the tasks you wrote down. It will help to formulate this in affirmative statements like, "I am..."



## Gratitude

*Today, or in general, I am thankful for:*

1. *When I crashed on my bike today, I wasn't hurt, and it reminded me that I need to buy a helmet.*
2. *I almost finished task X and I caught some really critical errors in time.*
3. *Despite the miserable weather, I convinced myself to go outside and do my run.*
4. *I'm surrounded by wonderful people.*
5. *I had a really fabulous cup of coffee this morning.*

Write down five things that you can be thankful for. These might be little moments that you experienced today, or they might be aspects of your life situation or the world in general.

Just a few key points are enough. The important thing is to really concentrate on every one of your points for a moment and experience each of them as the gift that it is.

When you fully perceive something, you fully accept it. And full acceptance leads to full appreciation. In other words, practicing gratitude starts simply with observing what is happening, completely and without judgment.

A grateful attitude can teach you that seemingly negative experiences can be valuable, if you take the time to observe them fully.



## Growth

*In the future, I will do the following things better:*

*When...*

*the alarm clock goes off early in the morning and I just can't get out of bed,  
...then...*

*I'll remember two things: (1) I can accept being tired today. (2) After my morning routine I know I'm going to feel a lot better!*

Looking back on today, or further into the past, you can surely think of a moment that you would do differently if you could do it over again. A different decision you would make if you knew what you know now, a task you avoided, or a good habit that fell by the wayside.

Now think very clearly about such a situation. How would you do it better next time? To get the most out of this exercise, choose a situation that occurs frequently and one that you can improve the result of by minor behavioural adjustments.

This is about building good habits. That's why it's fine to keep coming back to the same situations and thinking of the same desired responses. If you would like to learn more about the practical impact and the psychological mechanism of habit-forming, consult the recommended reading at the back of this book.



## Initiative

*I'm looking forward to tomorrow, because:*

*No appointments, plenty of time to work on my project without interruption.*

*The weather's going to be good... maybe I'll get some cycling in?*

*In the evening Y and Z are coming over.*

Think a little bit about what's ahead of you tomorrow. Maybe even take a look in your calendar. How is your day going to start, and what might be the highlight of the day?

Instead of letting yourself get caught out by the events and the unexpected that tomorrow brings, you'll be prepared and in control of the way you go through your day.

## Are you ready?

The book you're holding has the potential to change your life. But that can only happen at the right time. If you've read these guidelines and you feel like you're ready to take an active approach to improving yourself and take off on an adventure, let's go!

But if after reading this far you feel pressured and put off, that's okay too. Just put the book down for a while and come back to it when something is telling you: "Now's the time!" Or, consider browsing through the recommended reading at the end of this book – you might find something to inspire you.

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

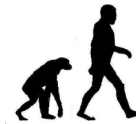


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

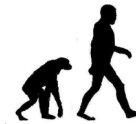


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*



Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

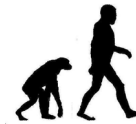


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

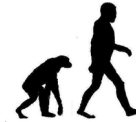


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

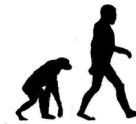


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

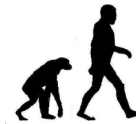


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*



Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

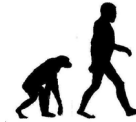


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

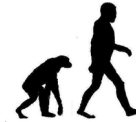


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*



Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

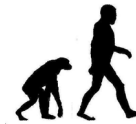


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

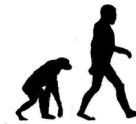


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

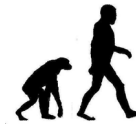


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

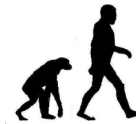


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*



Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

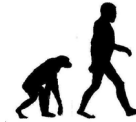


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

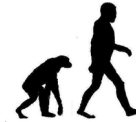


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 



*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

Day: \_\_\_\_\_



*Yesterday I overcame these (small) hurdles:*

*Afterwards, this is how I felt:*



*Today I'm going to take a step towards this major goal:*



*For today to be an excellent day, all I need to do is:*

- 
- 
- 

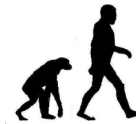


*In doing the tasks above, I am practicing these strengths:*



*Today I am thankful for:*

- 
- 
- 
- 
- 



*In the future, I will do this better:*

*When*

*Then*



*I'm looking forward to tomorrow, because:*

# Background

## The Idea

The 33Day-Diary is based on The Five Minute Journal, a well-known work in the field of positive psychology. The concept revolves around two fundamental insights:

1. *Your real actions are strongly influenced by your subconscious mind. You make far fewer decisions by thinking about them than you realize.*
2. *You can do things to influence your subconscious mind in desired ways.*

The world around you offers an abundance of opportunities and resources. Your personal development is not constrained by adverse external conditions, but rather by obstacles in the subconscious, like expectations, convictions, crutches and fears.

The most effective way to grow is therefore to cultivate your subconscious mind. To help you do this, The Five Minute Journal and the 33Day-Diary use the principles explained in the following section.



- ✓ Writing your notes **by hand** is critical because it embeds the statements much deeper into your mind than if you simply type them or dictate them. A diary like this would not have the same effect in the form of a smartphone app, for example.
- ✓ It helps to steer your attention towards **helpful thoughts** and positive aspects. Like everyone else, your brain seeks out problems and drama, but it is you who decides whether to focus on destructive or constructive thoughts.
- ✓ You will promote the achievement of your goals if you **visualize** your goals and the route to them at the start – that is, by seeing them in your mind's eye.
- ✓ The **formulation** and grammatical structure of a sentence determines how your subconscious mind absorbs it. For example, “alive” and “not dead” mean the same thing logically, but your subconscious mind doesn't follow logical negation. When you read “not dead”, your brain registers “dead”.
- ✓ There are proven positive effects from a **gratitude journal** like the one integrated into the 33Day-Diary. For example, people who use them report an increased experience of happiness in their lives.
- ✓ When you make positive statements about yourself (also referred to as **affirmation**), you boost your self-image, which in turn increases your self-confidence and improves your attitude towards life.
- ✓ When you see things as better than they are, you encourage your subconscious mind to close the gap with your reality. Gaps like this are also referred to as **cognitive dissonance**. Your subconscious can move you towards even the most outrageous claims, like “I live in my own private castle in Scotland.”
- ✓ To achieve the goals you have envisioned in your mind, you need to be able to **concentrate** on just a few things. You should see very clearly what are the most important things now, and let go of everything that is “just” important.
- ✓ Your (subconscious) conviction that anything (including you) is unchangeable will be the very thing that makes it impossible for you to change it. To **grow**, you need a mind that is attuned to change and that can concentrate on the things that it can influence.

# Going further

In the 33Day-Diary we build on the approach used in The Five Minute Journal to give you exercises that can take you even further.



*The fundamental challenge of personal development is overcoming fear. The main thing you need to practice is **leaving your comfort zone**. You have to do this in small steps, over the long term, and staying in touch with your emotions. The first statement is training your subconscious to transform fear into positive experiences.*



*It's not easy, but it's extremely important that as you go through your daily routine you keep sight of your medium and long-term goals and underlying personal values. Visualizing and writing them daily helps you make your **goals and values** a reality. The second statement heightens your awareness of the relevance and the why of any activity.*



*Building **strengths** is going to help you more than ironing out weaknesses. The daily affirmations in the fourth statement help you be aware of how to use your personal strengths.*



***"Implementation intentions"** have been proven to help you in achieving your plans, and these are framed in the fifth statement. Producing an "if-then" statement is ideal for building positive habits.*



*Your conscious mind is always working, even while you're asleep. One thing it's doing at this time is transferring your experiences from your short-term to your long-term memory. When you're falling asleep, whether your thoughts are occupied with the problems of the day behind you or the **opportunities tomorrow will bring** makes a big difference. The sixth statement will help you prepare for each new day without fear and be proactive from the moment you wake up.*

# Recommended reading

The books on the following reading list will introduce you to the philosophy behind the 33Day-Diary. This list is far from complete, and not every book on it is academic in nature, but it offers a broad perspective on the subject and all the works on it are inspiring.

## Courage

These books can help you recognize and overcome your fears:

*Biologie der Angst: Wie aus Stress Gefühle werden* (Gerald Hüther)

*The Obstacle Is the Way: The Timeless Art of Turning Trials into Triumph* (Ryan Holiday)

*Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry* (Catherine M. Pittman, Elizabeth M. Karle)

*Rejection Proof: 100 Days of Rejection, or How to Ask Anything of Anyone at Anytime* (Jia Jiang)

*The Art of Asking: or How I Learned to Stop Worrying and Let People Help* (Amanda Palmer)

## Clarity

These books can help you figure out where you are and where you want to go:

*Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* (Martin E. P. Seligman)

*Managing Oneself* (Peter F. Drucker)

*The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change* (Stephen R. Covey)

*Think and Grow Rich* (Napoleon Hill)

## Focus

These books can inspire you to set priorities consistently, say “no” more, and concentrate on your strengths:

*The 4-Hour Workweek* (Timothy Ferriss)

*Now: Discover Your Strengths*  
(Marcus Buckingham, Donald O. Clifton)

*The Power of No: Because One Little Word Can Bring Health, Abundance, and Happiness* (James Altucher)

*Focus: The Hidden Driver of Excellence* (Daniel Goleman)

*The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results* (Gary Keller)

*Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long* (David Rock)

## Gratitude

It has been scientifically proven that gratitude plays an important role in mental health and happiness, and that a gratitude journal is an effective tool for developing this quality. Ultimately, gratitude and appreciation come from complete acceptance, which comes from precise and judgment-free observation, i.e., from true awareness.

*Positive Psychology in a Nutshell: The Science of Happiness*  
(Ilona Boniwell)

*Radical Acceptance: Embracing Your Life With the Heart of a Buddha*  
(Tara Brach)

*The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science* (Norman Doidge)

*Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* (Rick Hanson, Richard Mendius)

*The Power of Now: A Guide to Spiritual Enlightenment* (Eckhart Tolle)

*The Book on the Taboo Against Knowing Who You Are* (Alan Watts)

*Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice* (Shunryu Suzuki)

# Growth

These books can help you understand how your mental attitudes and even your tiniest habits influence your life:

*The Power of Habit: Why We Do What We Do in Life and Business*  
(Charles Duhigg)

*Mini Habits: Smaller Habits, Bigger Results* (Stephen Guise)

*Daily Rituals: How Artists Work* (Mason Currey)

*As a Man Thinketh* (James Allen)

*Unlimited Power: The New Science Of Personal Achievement*  
(Anthony Robbins)

*Rich Habits: The Daily Success Habits of Wealthy Individuals*  
(Thomas C. Corley)

# We Want You!

We are constantly updating and improving the 33Day-Diary, and the most important part of doing this is your feedback. If you would like to see something else in this book or you have suggestions for improvement, please tell us!

And if you liked the 33Day-Diary and would like to order more copies, just let us know!

[tagebuch@flowtoolz.de](mailto:tagebuch@flowtoolz.de)

# Notes

The following space is for your personal notes. Once you have completed your 33-day experiment, you can also reflect on what it has brought you, whether you continue it and what you do differently next time.

It is also worthwhile to look through your *when / then exercises* again in order to consolidate the intentions expressed there.























