

good



**eu (good)**  
**bio (life)**

# How to use your *good* daily journal

This daily journal is an eJournal that allows for you to use to fill in the

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with what matters most to you using Adobe Acrobat Reader on your desktop, laptop, tablet or smartphone.



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## **To fill out your eJournal from your tablet or phone (iPad & iPhone users):**

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*Remember to save your journal as you write.*

# How do *you* do eu?

In December of 2018, I received a gift that changed my life. It was a simple gift, a little gift, that held infinity between its covers. A dear mentor gave me a book entitled *The Five Minute Journal* by Alex Ikonn and UJ Ramdas. In it were pages and prompts that beckoned me to start my day with gratitude, set my intention for my day, and reflect on the good that each day offered.

Through writing in its pages I felt more alive, more joyful, more purposeful in every moment of my life—and as a result, able to be more and share more—with those with whom I am connected and with the world.

That experience inspired this book.

It is our gift to you.

In it are quotes—words that have inspired our team—and pages that beckon for you to discover, celebrate, and share the good uniquely found in the moments that comprise your life.

It works like this:

In the morning, first thing in the morning when you wake up, simply take a minute to ask yourself: “*What good in my life am I grateful for?*” Believe me, in doing so, you will delight in your answer. Afterwards, ask yourself: “*What one good thing can I do for myself today?*” and “*What one good thing can I do for another person or the world today?*” In answering these questions, you will recognize that, in the vast possibilities for how you spend the

coming hours, you have the opportunity to do one thing for yourself that will make your heart smile, and one good thing that touches another person. As you write one good aspect of yourself that you will celebrate each day, you will affirm the parts of yourself that you most want to embody and be reminded that you have so much to share—in ways that only you can share it...

At the end of your day, after you have experienced all that the day has to offer, you create the space to reflect on the gifts that the day gave you, be they elaborate or simple, planned or unexpected, and say thank you.

I have learned that it is the daily practice of this writing that strengthens its impact. The more that I do it, the more valuable it becomes. This book serves as a spark to get you started. Your first 30 days are a magical beginning.

We believe that you and your life are a gift in the world, and we desire to celebrate you as you discover your very own unique and special good—and share it.

May you have joy.

May you experience life's grace.

May you move through the world with integrity.

May each moment serve as an opportunity to grow.

May the days of your life be filled with all that is good.

*alita*

# SAMPLE PAGE

*morning*

What good in my life am I grateful for?

1. *My smiling dog*
2. *Quiet Sunday mornings with my family*
3. *Yummy bagels*

What one good thing can I do for myself today?

*Sit for a moment in the sunshine.*

What one good thing can I do for another person or the world today?

*Call Ms. Frances and say hello.*

One good aspect of myself that I will celebrate today:

*I am optimistic.*

*evening*

Three good things that happened today were:

1. *Eating a nice warm cup of soup.*
2. *Hearing the birds sing this morning - when I woke up.*
3. *Watching Jacob play outside. He is growing so fast!*

“

**BE THE  
PERSON  
YOU  
NEEDED  
WHEN  
YOU WERE  
YOUNGER.**

- Ayesha Siddiqi

”

# DAY 1

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.



“

You can easily  
judge the  
**character** of a  
man by how  
he **treats**  
those who can  
do nothing  
for him.

- Malcom S. Forbes

”

## DAY 2

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

my  
opponent  
is my  
teacher,  
my ego  
is my enemy.

- Renzo Gracie

”

# DAY 3

## morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

## evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

As we let our  
own light  
shine, we  
unconsciously  
give other  
people  
permission to  
do the same.

- Marianne Williamson

”

# DAY 4

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace, a soul generated by love. ”

- Martin Luther King, Jr

# DAY 5

## morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

## evening

Three good things that happened today were:

- 1.
- 2.
- 3.



“do one  
thing  
every day  
that  
scares  
you.”

- Mary Schmich

# DAY 6

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.



Don't ask what  
the world needs.  
Ask what makes  
you come alive,  
and go do it.  
Because what  
the world needs  
is people who  
have come alive.

- Howard Thurman



# DAY 7

## morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

## evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“  
**YOUR  
PRESENCE IS  
A PRESENT TO  
THE WORLD.  
YOU'RE  
UNIQUE AND  
ONE OF A  
KIND.**

- Collin McCarty

”

# DAY 8

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

You give but  
little when you  
give of your

*possessions.*

It is when  
you give of

*yourself*  
that you

truly give.

- Kahlil Gibran

”

# DAY 9

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.



“

you are a  
star.

rise high  
and shine  
bright!

- Anonymous

”

# DAY 10

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

**THIS  
IMPERFECT  
LIFE TEACHES  
ME TO  
LOVE THIS  
IMPERFECT  
DAY.**

- Anonymous

”

# DAY 11

## morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

## evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Don't *worry*  
about a thing,  
'cause every  
little thing  
gonna be  
*all right.*

- Bob Marley

”

# DAY 12

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

laugh  
hard  
and  
often.

- Anonymous

”

# DAY 13

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.



“

Thirty years ago, my older brother, who was 10 years old at the time, was trying to get a report written on birds that he'd had 3 months to write, which was due the next day. We were out at our family cabin in Bolinas, and he was at the kitchen table close to tears, surrounded by binder paper and pencils and unopened books about birds, immobilized by the hugeness of the task ahead. Then my father sat down beside him, put his arm around my brother's shoulder, and said, "Bird by bird, buddy.

Just take it bird by bird."

- Anne Lamott

”

# DAY 14

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

say yes to new  
adventures.

if you never  
try, you'll  
never know.

- Anonymous

”

# DAY 15

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“  
DON'T TELL ME  
THE MOON IS  
SHINING;  
SHOW ME THE  
GLINT OF  
LIGHT ON  
BROKEN  
GLASS.

- Anton Chekhov

# DAY 16

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

For me, I am driven  
by two main  
philosophies:  
know more today  
about the world  
than I knew  
yesterday and  
lessen the suffering  
of others.

- Neil deGrasse Tyson

”

# DAY 17

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.



“

do.

or do not.

there is

no try.

- Jedi Master Yoda

”

# DAY 18

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

**WHEREVER  
YOU ARE,  
BE ALL  
THERE.**

- Jim Elliot

”

# DAY 19

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

**IF YOU WANT  
TO GO FAST,  
GO ALONE.  
IF YOU WANT  
TO GO FAR,  
GO TOGETHER.**

- African proverb

”

# DAY 20

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

By being  
*yourself* you  
put something  
*wonderful*  
in the world  
that was not  
there before.

- Edwin Elliot

”

# DAY 21

## *morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

## *evening*

Three good things that happened today were:

- 1.
- 2.
- 3.



“

Today is a  
good day  
to have a  
good day.

- Anonymous

”

# DAY 22

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Sometimes  
you just  
have to  
roll  
with it.

- Isiah Anderson

”

# DAY 23

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

**AS YOU START  
TO WALK OUT  
ON THE WAY,  
THE WAY  
APPEARS.**

- Rumi

”

# DAY 24

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

you are  
surrounded  
by light.

- Anonymous

”

# DAY 25

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.



“

THERE ARE  
THREE WAYS TO  
ULTIMATE  
SUCCESS: THE  
FIRST WAY IS TO  
BE KIND. THE  
SECOND WAY IS  
TO BE KIND.  
THE THIRD WAY  
IS TO BE KIND.

- Mister Rogers

”

# DAY 26

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.



Mamma exhorted her  
children at every  
opportunity to

‘jump at the sun.’

We might not land on  
the sun, but at least  
we would get off  
the ground.

- Zora Neale Hurston



# DAY 27

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

What lies behind  
us and what lies  
ahead of us are  
tiny matters  
compared to  
what lies  
within us.

- Henry David Thoreau

”

# DAY 28

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

“

**CREATIVITY IS  
A LIVING THING—  
YOU MUST FEED IT,  
NURTURE IT,  
EXERCISE IT,  
SOCIALIZE IT, AND  
GIVE IT REST IN  
ORDER TO REALIZE  
ITS FULLEST  
POTENTIAL.**

- Ed Gloria

”

# DAY 29

## morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

## evening

Three good things that happened today were:

- 1.
- 2.
- 3.



“

You  
are  
loved.

- Joya Wilson

”

# DAY 30

*morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person  
or the world today?

One good aspect of myself that I will celebrate today:

I am

*evening*

Three good things that happened today were:

- 1.
- 2.
- 3.

all quotes have been  
shared by cubo team members:

**Cheyenne, Rocky Mountain Man**

"Be the person you needed when you were younger."

- Ayesha Siddiqi

"You can easily judge the character of a man by how he treats  
those who can do nothing for him."

- Malcom S. Forbes

**Jenny, Foodie Extraordinaire**

"My opponent is my teacher, my ego is my enemy."

- Renzo Gracie

"And as we let our own light shine, we unconsciously give other people  
permission to do the same."

- Marianne Williamson

**Judi, Bibliophile**

"Everybody can be great...because anybody can serve. You don't have to  
have a college degree to serve. You don't have to make your subject  
and verb agree to serve. You only need a heart full of grace,  
a soul generated by love."

- Martin Luther King, Jr

"Do one thing every day that scares you."

- Mary Schmich

**Dede, Voyager**

"Don't ask what the world needs. Ask what makes you come alive, and  
go do it. Because what the world needs is people who have come alive."

- Howard Thurman

"Your presence is a present to the world. You're unique and one of a kind."

- Collin McCarty

**Anna, Jogger**

"You give but little when you give of your possessions.  
It is when you give of yourself that you truly give."

- Kahlil Gibran

"You are a star. Rise high and shine bright!"

- Anonymous

**Gretchen, Philosopher**

"This imperfect life teaches me to love this imperfect day."

- Anonymous

**Jessica, World Traveler**

"Don't worry about a thing, 'cause every little thing gonna be all right."

- Bob Marley

"Laugh hard and often."

- Anonymous

**Mary, Imaginative Dreamer**

"Thirty years ago my older brother, who was ten years old at the time, was trying to get a report written on birds that he'd had three months to write, which was due the next day. We were out at our family cabin in Bolinas, and he was at the kitchen table close to tears, surrounded by binder paper and pencils and unopened books about birds, immobilized by the hugeness of the task ahead. Then my father sat down beside him put his arm around my brother's shoulder, and said, "Bird by bird, buddy. Just take it bird by bird."

- Anne Lamott

**Shannon, Creative Quilter**

"Say yes to new adventures. If you never try, you'll never know."

- Anonymous

**Carol, Documentary Lover**

"Don't tell me the moon is shining; show me the glint of light on broken glass."

- Anton Chekhov

**Kristina, Animal Lover**

"For me, I am driven by two main philosophies: know more today about the world than I knew yesterday and lessen the suffering of others."

- Neil deGrasse Tyson

**Sara, Photographer**

"Do. Or do not. There is no try."

- Jedi Master Yoda

**Kathleen, Feline Fancier**

"Wherever you are, be all there."

- Jim Elliot

**Wendy, Holistic Nutrition Enthusiast**

"If you want to go fast, go alone. If you want to go far, go together."

- African proverb

**Clarice, Effervescent Personality**

"By being yourself you put something wonderful in the world that was not there before."

- Edwin Elliot

**Jennifer, Coffee Aficionado**

"Today is a good day to have a good day."

- Anonymous

**Red, Belly Rub Connoisseur**

"Sometimes you just have to roll with it."

- Isiah Anderson

**Yamini, Yoga Enthusiast**

"As you start to walk out on the way, the way appears."

- Rumi

**Ginny, YES!**

"You are surrounded by light."

- Anonymous

**Carolyn, Wonderful Wizardess**

"What lies before us and what lies behind us are small matters compared to what lies within us. And when we bring what is within out into the world, miracles happen."

- Henry David Thoreau

**Ed, Musician**

"Creativity is a living thing—you must feed it, nurture it, exercise it, socialize it, and give it rest in order to realize its fullest potential."

- Ed Gloria

**Alita, Art Lover**

"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind."

- Mister Rogers

"Mamma exhorted her children at every opportunity to 'jump at the sun.' We might not land on the sun, but at least we would get off the ground."

- Zora Neale Hurston

"You are loved."

- Joya Wilson



Inspire your good.  
[eubio.com](http://eubio.com)