

Thriving

NOT SURVIVING
30 DAY JOURNAL

THE 5 SECRET
PATHWAYS TO
HAPPINESS,
SUCCESS AND
FULFILMENT



GINA GARDINER

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THE 5 SECRET PATHWAYS TO HAPPINESS,
SUCCESS, AND FULFILMENT

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Thriving Not Surviving Journal Two

The 5 Secret Portals To Happiness, Success and Fulfilment

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The names in all the case studies included in this book have been changed to protect the identity of the people involved.

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INTRODUCTION

WELCOME TO YOUR JOURNAL

This little book is going to be one of the most useful tools you'll have at your disposal as you work through the Thrive Together Tribe content and activities. You may already be an experienced 'journaler', or perhaps this is the first journal you've ever owned. No matter; whichever camp you find yourself currently in, we're confident that this journal will help you.



We suggest keeping it close all the times - available for you to jot your ideas, epiphany moments or current struggles or issues into - because we all need a reminder of things that in the moment are affecting us.

So pop this in your handbag or your briefcase or backpack, anywhere where it is easily to hand for you. That way, when you need help or a pat on the back, you'll have a great aide memoire and a record of just how far you've already travelled.

Which brings us to the final point we want to make. This journal will keep you on track with the activities that you'll be prompted to complete throughout your membership. So help is never far away, and don't forget, of course, all the other resources that your membership provides for you.

You're part of the Thrive Together Tribe now. Life is on the up!

With much heart. Gina xx



WEEK ONE: MONDAY

Theme: Permission

Whose permission do you seek before you do something? How often do you seek the approval of others before stepping out of your comfort zone? How would the quality of your life be different if you gave yourself permission to shine?

NOTES



WEEK ONE: TUESDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES



WEEK ONE: WEDNESDAY

Theme: Motive

Think about how you interpret and make meaning of the motive of others. Is your first thought that their motive is negative or positive? How do you think people might interpret your words and actions and why?

NOTES



WEEK ONE: THURSDAY

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NOTES



WEEK ONE: FRIDAY

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NOTES



WEEK ONE: SATURDAY

Theme: Focus

Where do you focus your attention? What's the impact?

NOTES



WEEK ONE: SUNDAY

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NOTES



MORE SPACE FOR NOTES

If you've got more thoughts and ideas than the 'Day' pages have space for, then here is where you can jot them all down to your heart's content...

Maybe your thoughts and ideas would be useful for other Thrive Together Tribe members? Or perhaps there is another Tribe member who is going through a similar issue to you. Why not consider joining in on the online discussion on the Facebook page.



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



WEEK TWO: MONDAY

Theme: Love

How would your life be if you consistently lived from a place of love rather than a place of fear or lack?

NOTES



WEEK TWO: TUESDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES



WEEK TWO: WEDNESDAY

Theme: Love

Think about the special relationship in your life. Would your behaviour towards them change if your love was completely unconditional. In which ways?

NOTES



WEEK TWO: THURSDAY

Theme: Forgiveness

Who in your life has hurt you and it is still having a negative impact? Are you ready to give yourself permission to forgive those who have hurt you in the past? Reflect on how it would feel to be free of the hurt and what letting go would mean to you. Remember; forgiving does not mean you condone the hurtful action or forget it. It is in the letting go that you free yourself from the past.

NOTES



WEEK TWO: FRIDAY

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NOTES



WEEK TWO: SATURDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES



WEEK TWO: SUNDAY

Theme: Gratitude

What are you grateful for? Take a few moments to reflect on this. From now on, there is a gratitude “Thank Bank” section for each day. Recording your chosen gratitudes is a great way of reinforcing their impact. It is really helpful on those days that feel grey and challenging to revisit your “Thank Bank” - so start banking those gratitudes and earning compound interest on them!

NOTES

TODAY’S “THANK BANK”





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EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



WEEK THREE: MONDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES

TODAY'S "THANK BANK"





WEEK THREE: TUESDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES

TODAY'S "THANK BANK"





WEEK THREE: WEDNESDAY

Theme: Playfulness

Reflect on how playful you were as a child. How playful are you now as an adult? What does 'play' mean for you?

NOTES

TODAY'S "THANK BANK"





WEEK THREE: THURSDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES

TODAY'S "THANK BANK"





WEEK THREE: FRIDAY

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NOTES

TODAY'S "THANK BANK"





WEEK THREE: SATURDAY

Theme: Mindfulness

Think about the times in your life where things have come easily and times when life has been more of a struggle. Consider the quality of your thinking in each of these times. What made the difference?

NOTES

TODAY'S "THANK BANK"





WEEK THREE: SUNDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES

TODAY'S "THANK BANK"





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EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



WEEK FOUR: MONDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES

TODAY'S "THANK BANK"





WEEK FOUR: TUESDAY

Theme: Survival

How often do you feel rejected? What is really going on?

NOTES

A large, empty rectangular box with a thick purple border, intended for taking notes.

TODAY'S "THANK BANK"

A large, empty rectangular box with a thick purple border, intended for writing in the 'Thank Bank' section.



WEEK FOUR: WEDNESDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES

TODAY'S "THANK BANK"





WEEK FOUR THURSDAY

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NOTES

TODAY'S "THANK BANK"





WEEK FOUR: FRIDAY

Theme: Creating Lasting Change

Identify the thing that you would most like to be different in your life. How do you wish it to be? Imagine that lasting change was already established and describe your life as it would be. The more detail you use, the more you involve each of your senses, the more powerful this will be.

NOTES

TODAY'S "THANK BANK"





WEEK FOUR: SATURDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

NOTES

TODAY'S "THANK BANK"





WEEK FOUR: SUNDAY

Today you can carry on with the previous theme or simply use this space to reflect on your own thoughts and ideas. What's happening with you today?

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EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



EXTRA NOTES



Step Into Your Authentic Self, Find Genuine Power, Feel Self-Confident, Find Your True Purpose!

The Thrive Together Tribe brings people together, to focus on the positive and what we can do, rather than what we can't. It is for those who want to feel confident; those who want to see the possibilities and take charge of the quality of their life and who are prepared to help others to do the same.

It's an online membership group that offers a place for members to:

- ✔ be nurtured and supported by like-minded people
- ✔ discover lots of great ideas, strategies and inspiration
- ✔ enjoy regular online sessions with great content and interactive group coaching
- ✔ grow among people who value YOU



Discover the 5 Secret Pathways.



Meet Gina Gardiner, CEO



2 Time #1 International Best Selling Author, Inspirational speaker, Master NLP Business, Empowerment and Relationship Coach.

Gina is on a mission to impact a million people by 2023. Helping them to step in their authentic, genuine power, to feel self-confident, find their true purpose and feel fulfilled.

AS SEEN ON:

Take That First Step!



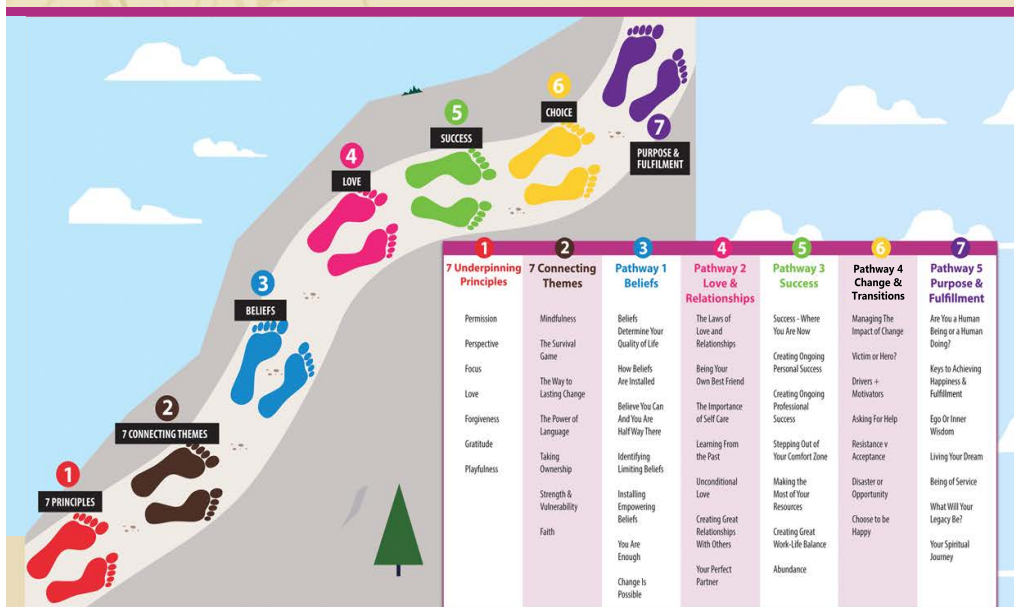
7 PRINCIPLES

Every journey begins with the first step. Life doesn't come with a roadmap or a GPS. It's difficult to tell when you're going off-course, and sometimes you even lose track of the destination.

That's okay. It's normal to struggle.

The Thrive Together Tribe exists, in part, out of a desire to create a simple and practical success path that you can use to track your progress.

The Thrive Together Tribe isn't just a course; it's a journey. So, take that first step!



*"Gina is truly remarkable!
Quite simply, she saved my life"*

- Nina Robinson

"My life has turned completely around!"

- Jolly Datt

"Thank you, Gina!"

- Mike P

Here's what you get with the Thrive Tribe:



- ✓ Visiting Experts
- ✓ Learning Programme
- ✓ Group Coaching
- ✓ Welcome Kit

- ✓ Private Facebook Group

- ✓ Wealth of Resources

“Thriving Not Surviving” is designed to help you get the very best out of life.

Life offers lots of challenges, detours and seeming dead ends, these can stop you in your tracks, causing you to get stuck in the morass of feeling overwhelmed or they can act as the impetus to achieve a better way of being. That is where “Thriving Not Surviving” is there to help you.

www.thrivegethertribe.com



ABOUT THE AUTHOR

Gina Gardiner is a Two-Time #1 International Best-selling Author, Motivational Speaker, Empowerment Coach, Transformational Leadership Trainer, NLP and Master Practitioner Coach, with well over 30 years' experience in helping people achieve happiness, success and fulfilment. She has supported many individuals and couples to develop a greater sense of self-worth and the confidence to challenge and change limiting beliefs in order to become more loving towards themselves and others. She is passionate about helping her clients to achieve their full potential to become their genuine best selves.