

THE

High 5

DAILY JOURNAL

I believe in you.
Now it's time
for YOU
to believe in you.

Mel Robbins



Your life is amazing.

Celebrate it.

It's pretty simple.

You're not cheering yourself forward and that's holding you back. With this journal, every day you'll embrace the practices and adopt the habits that will help you be present to who you are, clear about what you want, and ready to make it happen. By taking the easy, daily steps to cheer for yourself, you will burst through what is blocking you and create a confident body, mind and spirit.

You will create...

A Confident Body.

Comfortable in your own skin no matter where you are, who you are with, or what is happening around you.

A Confident Mind.

Seeing your life as one big divine lesson and trusting in your ability to face whatever may come your way.

A Confident Spirit.

Always willing to try, because it wants and deserves to be seen and heard and soar toward its destiny.

Supercharge your confidence daily with this guided journal from Mel Robbins that is a companion to [The High 5 Habit](#) to help you settle your body, clear your mind, and fill your spirit.

The High 5 Daily Journal will help you build a confident mind, body, and spirit with daily prompts, weekly themes, and exercises to help make your dreams a reality.

**Try out the method for
yourself and order a copy at**

High5Journal.com

How to high 5

1

Thanks to neuroscience, we know a stressed-out body puts your brain in survival mode and shows you threats instead of opportunities. So, all change requires you to settle your body first.

2

Take a deep breath. It's a powerful way to settle your nervous system, because it activates your vagus nerve. It's your secret weapon to creating instant calm in your body.

3

Hands on your heart is another way to tone your vagus nerve. This mantra is how you teach your body what it feels like to be safe and settled and access your calm and cool center.

4

Your senses are a conduit for the energy of your spirit. Begin to awaken that energy now to listen to it later.

5

Naming how your body feels is a key step toward deeper self-awareness and feeling comfortable with yourself.

6

My favorite daily habit to rewire the filter in your mind is to tell yourself that *you're worth cheering for, your dreams matter, and you can handle whatever comes your way.*

7

Once your body is calm, you can focus your mind and attention where you want it to go.

TODAY'S DATE | 12 5

Settle Your Body

Ground yourself in the present moment to get comfortable in your own skin.

- ✓ Take a deep breath
- ✓ Put your hands on your heart and say "I'm okay, I'm safe, I'm loved"
- ✓ What's one thing you can:
 - See I see bare trees out the window Hear I hear my dog barking
 - Touch I feel my pen in my hand Smell I smell the freshly brewed coffee
- ✓ In one word, I feel... Busy
- ✓ I deserve a High 5 today because I got up on time this morning!
- ✓ The next time you pass a mirror, prove it. Give yourself a High 5! 🎉

Clear Your Mind

To cultivate a confident mind, clear it of everything that's filling it right now: worries, tasks, doodles, thoughts, ideas, to-dos, or anything you don't want to forget.

Today is packed at work and I'm up against a big deadline. The dog needs to go out and is looking at me with these big eyes but I'll take her out as soon as I finish this. I need to call my mom back, she called and I feel guilty for not having called but I need to finish this deadline first. I woke up and immediately felt stressed by everything on my plate but I'm so glad I didn't look at my phone this morning and exercised to put myself first.

8

Clear your mind. Dump all your thoughts out onto the page. Don't hold back. Get it out of your head so that you can get into the present moment with yourself.

yourself everyday

Free Your Spirit

A confident spirit is celebrating yourself and moving toward your desires.
Give yourself permission to get in touch with what you WANT.

WRITE 5 THINGS YOU WANT:

Big or small. Today or in your lifetime.

1. To free up my day to have more time for myself
2. To go on a trip every year to somewhere new
3. To get in the best shape of my life
4. To start a nonprofit related to improving mental health
5. To learn how to meditate and become more mindful

Describe the small actions you could take to inch closer to the things you want.

More time for myself - I can schedule it into my calendar. I can set a time when I'll stop working and stick to it. I can make a plan to do a yoga class with a friend. I'll keep filling out my daily journal every morning. I am going to wake up earlier and use that time to work on writing a plan for the nonprofit.

NOW CLOSE YOUR EYES

Visualize taking these small actions.

Feel deeply what it feels like to do these things and move closer to what you desire.

This trains your body, mind, and spirit to help you take these actions.

9

Now your body is calm and your mind is clear. It's time to awaken your spirit.

10

Start dreaming in the morning!
Write down five things that you want. Believe in them. Give yourself permission to have exactly what you desire.

11

Writing what you want will start to shift what you believe is possible as you rewire the filter in your mind. It also leads to a 42% higher chance of achieving your dreams!

12

Most people get manifesting wrong because they try to visualize the end result. Neuroscience research tells us to visualize yourself doing the hard, annoying, small steps along the way to reaching your dreams. In doing so, you tell your brain, "I do the hard work. I take advantage of opportunities. And I don't back down, I take action."

13

Brain scans have shown that you stimulate the same regions in your brain when you visualize yourself performing an action as when you actually do that same action, which makes you more likely to follow through on that action. And it's your actions that get results.

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2. _____
3. _____
4. _____
5. _____

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Ground yourself in the present moment to get comfortable in your own skin.

- Take a deep breath
- Put your hands on your heart and say “I’m okay, I’m safe, I’m loved”
- What’s one thing you can
- See _____ Hear _____
- Touch _____ Smell _____
- In one word, I feel... _____
- I deserve a High 5 today because _____
- The next time you pass a mirror, prove it. Give yourself a High 5! 

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10

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