

# #ticechallenge

## Day 1: Foundation

AS YOU EMBARK UPON THIS FOCULIZATION JOURNEY, DOCUMENTATION IS OFTEN KEY TO REALIZING AND APPRECIATING TRANSFORMATION.

THAT BEING SAID, YOUR FIRST ACTIVITY IS TO BEGIN CREATING A "LOVE JOURNAL" (AS I LIKE TO CALL IT.) TAKE OUT YOUR JOURNAL AND SIT QUIETLY. MAKE A LIST OF THINGS YOU LOVE ABOUT YOURSELF AND YOUR LIFE. WHAT ARE YOU THANKFUL FOR? FEEL FREE TO ALSO INCLUDE YOUR FAVORITE INSPIRATIONAL QUOTES. WRITE FOR AS LONG OR AS SHORT OF TIME AS YOU'D LIKE.

YOU SHOULD ALSO USE THIS JOURNAL TO RECORD YOUR FOLLOW-UP ANSWERS THAT I WILL POST AFTER EACH ACTIVITY HAS BEEN COMPLETED.



### 1.) MATERIALS & TIME COMMITMENT

Journal and pen. Open mind.  
15-30 minutes.

### 2.) FOLLOW-UP QUESTIONS

-How did it make you feel to put these feelings on paper?

Do you think you could benefit from revisiting and actively writing in this journal on rough days?



### 3.) TICE ADVICE

There's no point in bottling up your feelings and emotions. Writing things down on actual paper can provide a euphoric release of stress and anxiety.

**"WHEN YOU WRITE DOWN YOUR IDEAS YOU AUTOMATICALLY FOCUS YOUR FULL ATTENTION ON THEM. FEW, IF ANY OF US, CAN WRITE ONE THOUGHT AND THINK ANOTHER AT THE SAME TIME. THUS A PENCIL AND PAPER MAKE EXCELLENT CONCENTRATION TOOLS."**

- Michael LaBoeuf

