RESET WITH GRATITUDE & AFFIRMATION *COMPANION JOURNAL*

A Daily 5-Minute Journal & Science-Backed Guide To

Reprogram Your Mind & Improv e Your Life

ANOTHER TEN WEEKS, PLEASE.

Elion Ben-Kellor



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This book is dedicated to the person who most deserves calm and joy...

YOU!

Elion Ben Kellor

Introduction

You've already completed ten weeks of practice, and that alone tells an important story. You've shown up for yourself in small, steady ways, and your nervous system has begun to trust that rhythm. This second journal is about continuing the groove you've already created.

Neuroscience tells us that change happens through repetition. Calm becomes easier to find because your brain has practiced returning to it. Gratitude softens your attention because you've trained your mind to notice what supports you. Affirmations land more naturally because your system now recognizes your steady, believable tone.

RESET WITH GRATITUDE & AFFIRMATION: COMPANION JOURNAL offers a simple continuation, another 10 weeks of the same gentle pattern. No pressure to feel different. No expectation of big breakthroughs. Just five minutes a day to keep strengthening the pathways you've already begun.

Think of this as widening a trail. Each day you walk it, the ground gets clearer; the turns feel familiar, and the way back to yourself

becomes easier to find.

Begin wherever you are. Begin with whatever you have today. The work you've done is already inside you… and you're simply continuing the conversation.

A Quick Reminder About the Five Gratitudes



As you continue, remember the simple structure that started all of this: five gratitudes, written in concrete, sensory detail. These gratitudes work best when they are visceral, not abstract. Instead of "I'm grateful for my home," you might notice the warmth of the mug in your hands, the laugh you shared with someone, the smell of dinner in the kitchen, or the way the light moved across your wall this morning. The more specific and embodied the gratitude is, the faster your nervous system recognizes it as real.

These small details matter because the brain responds to what it can feel. A vague gratitude stays in the thinking mind, but a vivid gratitude reaches the emotional and sensory systems that help you settle. Each day, let at least a few of your gratitudes be rooted in the moments … in what you saw, heard, tasted, touched, or experienced in your body. This is how the practice becomes lived rather than performed. Five tiny moments a day, noticed fully, are enough to shift your inner world.

A Quick Reminder About Affirmations



As you enter this next round of practice, here's a simple reminder of how affirmations work best. Your brain is always running familiar scripts. Affirmations help you update those scripts by giving your subconscious a new, believable direction.

Just follow the same four steps you learned before:

1. Write it. Put the words on the page so your brain sees them as something real.
2. See it. Picture yourself living that truth in an ordinary moment, not a perfect one.
3. Feel it. Let your body sense the emotion that belongs with the affirmation… relief, steadiness, pride, calm...
4. Replace it. Shift your attention before doubt takes over. Bring your mind to your gratitudes or something neutral and absorbing.

These steps matter because the subconscious learns through repetition, believable imagery, and emotional tagging. Each repetition is a small update to your inner prediction system.

This week, keep it simple, grounded, and gentle. Your brain already knows this path.

WEEK 1 — Presence and Attention

Being here, noticing, settling the mind

Presence begins with noticing. When your mind is scattered, your attention is usually in the past or racing ahead.

Neuroscience shows that attention shapes experience. When you focus on one thing at a time, cognitive load decreases, the prefrontal cortex strengthens, and the nervous system steadies. Even a few seconds of deliberate noticing can shift your internal state. When you recognize the warmth of a cup, the texture of a sound, or the quietness of a moment, your attention stabilizes and your mood softens.

Let this week be a gentle experiment in seeing clearly, breathing slowly, and settling into the moments.

DATE

Type here



Type here

GRATITUDE



Type here

AFFIRMATION

"Peace comes from within. Do not seek it without." – Gautama Buddha

DATE

Type here



Type here

GRATITUDE



Type here

AFFIRMATION

"We don't see things as they are, we see them as we are." – Anaïs Nin

DATE



GRATITUDE



AFFIRMATION

Focus is strengthened like any muscle. Repetition trains the prefrontal cortex to return to calm more quickly.

DATE



GRATITUDE



AFFIRMATION

Mood follows attention. Where you place your awareness becomes what you feel.

DATE



GRATITUDE



AFFIRMATION

When you focus on one thing at a time, cognitive load drops and clarity increases.

DATE



GRATITUDE



AFFIRMATION

The nervous system updates quietly, not dramatically.

DATE



GRATITUDE



AFFIRMATION

"The present moment is filled with joy and happiness. If you are attentive, you will see it." – Thich Nhat Hanh

End of Week 1 – Reflection

You spent this week practicing the art of noticing, letting your attention settle instead of scatter. These small moments matter. Each time you focused on one thing, your nervous system softened and your mind quieted just a little more. Presence grows through repetition, not perfection.

Reflection Prompt:

Where did your attention feel most grounded this week, even for a moment?



Type here

Week 2 - Gratitude and Seeing the Good

Noticing what supports you.

Gratitude is not about ignoring what's difficult; it's about giving your attention permission to include what's steady, supportive, or quietly beautiful.

Our brains naturally scan for threats … an evolutionary bias that helped us survive but often distorts the present moment. Gratitude redirects this bias by activating neural circuits linked to safety and connection.

When you name one good thing, your nervous system shifts away from stress toward regulation. Over time, the brain becomes faster at noticing what is working instead of only what's wrong. This week is about practicing that shift, one small moment at a time.

You are not forcing positivity—you are retraining attention.

DATE



GRATITUDE



AFFIRMATION

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." – Marcel Proust

DATE



GRATITUDE



AFFIRMATION

"Gratitude turns what we have into enough." – Aesop

DATE



GRATITUDE



AFFIRMATION

"Joy is the simplest form of gratitude." – Karl Barth

DATE



GRATITUDE



AFFIRMATION

Gratitude activates networks linked to safety and connection, not stress and threat.

DATE



GRATITUDE



AFFIRMATION

Your system relaxes when you name what is going well.

DATE



GRATITUDE



AFFIRMATION

The more you practice noticing the good, the easier it becomes.

DATE



GRATITUDE



AFFIRMATION

Each time you return to gratitude, you strengthen the pathway for ease.

End of Week 2 – Reflection

This week, you opened the door to what was steady and supportive. Gratitude helped your mind register moments your brain usually overlooked. Each time you named one good thing, your system shifted toward ease. Over time, these small recognitions create real biological change.

Reflection Prompt:

What one moment of gratitude surprised you or felt especially real?



Type here

WEEK 3 — Calm, Breath, and Regulation

Steadying the system

Calm is not the absence of difficulty; it is the body's way of finding its center.

This week focuses on breath as your most accessible tool for regulation. A slow exhale signals the vagus nerve, lowering heart rate and easing reactivity. Naming a feeling also quiets the amygdala and strengthens emotional control.

These small physiological changes create room for clarity and steadiness, even when life is full. Tiny shifts matter because they guide the system back toward balance. You don't need to feel completely calm for the process to work … you only need to soften one degree.

Let this week remind you that calm is a skill your body already knows how to return to.

DATE



GRATITUDE



AFFIRMATION

"Stillness is where creativity and solutions are found." – Eckhart Tolle

DATE



GRATITUDE



AFFIRMATION

A single slow breath can shift your vagus nerve and lower your heart rate within seconds.

DATE



GRATITUDE



AFFIRMATION

Calm is a biological signal, not a personality trait.

DATE



GRATITUDE



AFFIRMATION

Naming a feeling reduces its intensity in the emotional centers of the brain.

DATE



GRATITUDE



AFFIRMATION

Slow breathing restores balance in the autonomic nervous system.

DATE



GRATITUDE



AFFIRMATION

Tiny emotional shifts are often the first evidence of neural change.

DATE



GRATITUDE



AFFIRMATION

Calm begins when reactivity decreases by even one degree.

End of Week 3 – Reflection

You practiced returning to your center through breath and awareness. Even the smallest exhale or named feeling helped your system reset. Calm does not need to be dramatic to be effective. These tiny physiological shifts are evidence of learning and regulation.

Reflection Prompt:

What was one moment when your breath helped you settle this week?



Type here

WEEK 4 — Small Steps and Micro-Shifts

Trusting subtle change

Internal change rarely announces itself with fanfare. More often, it shows up as a softened breath, a clearer moment, a choice that feels just a little easier.

The brain learns through repetition and small signals, not dramatic breakthroughs. Each micro-shift … a pause, a moment of noticing, a slightly kinder thought … creates evidence the brain stores. These tiny updates gradually reshape your nervous system's expectations. Recovery time shortens. Stress feels less sticky. Patterns loosen.

This week is about honoring the smallness of progress. When you trust tiny steps, you give your system the space to change without pressure. These moments are quiet but powerful … they are the building blocks of a new internal landscape.

DATE



GRATITUDE



AFFIRMATION

"To affect the quality of the day, that is the highest of arts." – Henry David Thoreau

DATE



GRATITUDE



AFFIRMATION

Positive attention builds resilience over time.

DATE



GRATITUDE



AFFIRMATION

Every time you notice a small success, your brain stores it as evidence.

DATE



GRATITUDE



AFFIRMATION

Change often begins before you can feel it clearly.

DATE



GRATITUDE



AFFIRMATION

Micro-moments of rest help the brain integrate change.

DATE



GRATITUDE



AFFIRMATION

The nervous system is always learning from what you repeat.

DATE



GRATITUDE



AFFIRMATION

When you slow down enough to choose, your body learns from the choice.

End of Week 4 – Reflection

This week showed you how quietly change can begin. Each softening, each small pause, each kinder thought became evidence your brain stored. Micro-shifts may look subtle, but they accumulate into real transformation. Progress often feels like clarity appearing one inch at a time.

Reflection Prompt:

What small shift did you notice that you might have missed before?



Type here

WEEK 5 — Growth, Learning, and Neuroplasticity

How repetition rewires

Your brain is always learning, even in the background.

Neuroplasticity means that repeated experiences, thoughts, and choices literally reshape neural pathways.

Growth doesn't require intensity, it requires consistency. When you revisit a helpful thought, return to a calming breath, or practice noticing something steady, you reinforce new circuits. Over time, those circuits become your defaults.

This week brings attention to the steady rhythm of rewiring. You are teaching your system how to shift from old patterns into more supportive ones. Even when changes feel subtle, the brain is responding.

Trust the slow process.

DATE



GRATITUDE



AFFIRMATION

"The greatest discovery of any generation is that a human can alter (their) life by altering (their) attitude." – William James

DATE



GRATITUDE



AFFIRMATION

"Be not afraid of growing slowly; be afraid only of standing still." – Chinese proverb

DATE



GRATITUDE



AFFIRMATION

"It is never too late to be what you might have been." – George Eliot

DATE



GRATITUDE



AFFIRMATION

The brain prefers familiar pathways, which is why gentle repetition matters.

DATE



GRATITUDE



AFFIRMATION

Repetition is the engine of neuroplasticity. Small steps create real change.

DATE



GRATITUDE



AFFIRMATION

Consistency teaches your brain what to expect each day.

DATE



GRATITUDE



AFFIRMATION

Your brain rewires through small moments of attention repeated many times.

End of Week 5 – Reflection

Your repetitions this week strengthened the pathways you want to keep. Growth is not a single breakthrough but a pattern of gentle returns. Each time you practiced, you gave your nervous system a chance to update itself. Change is happening, even when it feels quiet.

Reflection Prompt:

What repeated action felt easier or more natural by the end of the week?



Type here

WEEK 6 — Courage, Possibility, and Self-Belief

Choosing direction

Courage is often the quiet willingness to try something new, to soften an old belief, or to imagine a possibility.

This week explores how self-belief is supported by both emotion and biology. When you choose thoughts that steady you, your nervous system follows. When you practice courage in small ways, the brain learns that new experiences are safe.

Affirmations work best when they align with your genuine needs and feel believable enough to land in the body. Each hopeful thought becomes a micro-signal of possibility, reducing inner resistance.

Let this week expand your sense of what is possible … not through force, but through gentle, repeated steps toward what you want to grow.

DATE



GRATITUDE



AFFIRMATION

"You must do the thing you think you cannot do." – Eleanor Roosevelt

DATE



GRATITUDE



AFFIRMATION

"I dwell in possibility." – Emily Dickinson

DATE



GRATITUDE



AFFIRMATION

"Nothing can dim the light that shines from within." – Maya Angelou

DATE



GRATITUDE



AFFIRMATION

"Courage is the power to let go of the familiar." – Raymond Lindquist

DATE



GRATITUDE



AFFIRMATION

Emotional balance comes from practice, not perfection.

DATE



GRATITUDE



AFFIRMATION

When you choose a steady thought, your nervous system follows.

DATE



GRATITUDE



AFFIRMATION

Affirmations work best when they match your real needs.

End of Week 6 – Reflection

You explored the kind of courage that begins from the inside. Each steady thought, each willingness to try, helped your system soften old fears and consider new possibilities. Courage to become what you wish grows through believable steps, not pressure.

Reflection Prompt:

Where did you choose possibility this week, even in a small way?



Type here

WEEK 7 – Affirmations and Inner Alignment

Training attention toward what helps

Affirmations are not magic words. They are intentional signals, sent to the subconscious in ways it can understand, and that help direct your attention and shape your brain's predictions.

When you choose a steady, supportive thought and repeat it slowly enough to feel it, the nervous system begins to expect that steadiness. This expectation guides emotion, behavior, and focus.

Inner alignment happens when your thoughts match what your body can believe; when the affirmation is realistic enough to feel true.

This week invites you to choose thoughts that help you, soften you, or orient you toward clarity. Over time, these choices create new inner pathways that your system learns to trust.

DATE



GRATITUDE



AFFIRMATION

"The mind is everything. What you think, you become." — Gautama Buddha

DATE



GRATITUDE



AFFIRMATION

Each affirmation you repeat creates a micro-prediction the brain begins to trust.

DATE



GRATITUDE



AFFIRMATION

Each affirmation guides your attention toward what supports you.

DATE



GRATITUDE



AFFIRMATION

When you slow down enough to choose, your body learns from the choice.

DATE



GRATITUDE



AFFIRMATION

Affirmations help the nervous system expect steadier patterns.

DATE



GRATITUDE



AFFIRMATION

Calm becomes more accessible when you choose thoughts that support rather than undermine your direction.

DATE



GRATITUDE



AFFIRMATION

Safety in your inner world grows through repeated, kind attention.

End of Week 7 – Reflection

This week, you practiced choosing thoughts that support you. When an affirmation felt believable and grounded, your nervous system responded with steadiness. These choices signal the brain to expect calmer internal pathways. Alignment grows through slow, honest repetition.

Reflection Prompt:

Which affirmation felt most real in your body this week?



Type here

WEEK 8 — Connection, Kindness, and Co-Regulation

Relationships and emotional safety

We are wired for connection.

The nervous system regulates more easily in the presence of warmth, predictability, and kindness. A gentle tone can reduce another person's stress response; a moment of appreciation can shift the emotional climate between two people.

Co-regulation is the shared dance of calming and being calmed.

This week focuses on noticing how your connections influence your internal state and how your own steadiness supports others.

Kindness is not sentimental; it is neurological. Each gesture of care reinforces safety, which strengthens resilience. Let your relationships be small sources of grounding and let your calm ripple outward.

DATE



GRATITUDE



AFFIRMATION

"If you light a lamp for somebody, it will also brighten your path." – Thich Nhat Hanh

DATE



GRATITUDE



AFFIRMATION

"The most wasted of all days is one without laughter." – Nicolas Chamfort

DATE



GRATITUDE



AFFIRMATION

"Hope is a thing with feathers." – Emily Dickinson

DATE



GRATITUDE



AFFIRMATION

Appreciation signals safety, which steadies the body.

DATE



GRATITUDE



AFFIRMATION

Positive social signals help calm both your system and the other person's.

DATE



GRATITUDE



AFFIRMATION

The nervous system relaxes when it feels safe, seen, and steady.

DATE



GRATITUDE



AFFIRMATION

Each moment of kindness supports co-regulation in relationships.

End of Week 8 – Reflection

You noticed how connection shapes your internal world. A warm voice, a moment of appreciation, or a steady presence helped your nervous system settle. Kindness is a form of shared regulation, a small but powerful cue of safety.

Reflection Prompt:

What moment of connection helped you feel more grounded?



Type here

WEEK 9 — Letting Go of Fear and Returning to Ease

Softening the stories that amplify stress

Fear often lives in anticipation, not reality.

The nervous system sometimes reacts to old stories, outdated threats, or imagined futures. Letting go means giving your system permission to update those predictions. Pausing before reacting softens fear's grip. Returning to the breath increases emotional steadiness. Releasing an old belief or expectation frees energy and reduces internal noise.

This week invites you to notice where fear has overstayed its welcome and where ease naturally wants to return. Each release, however small, opens a space for clarity and calm.

DATE



GRATITUDE



AFFIRMATION

"We suffer more often in imagination than in reality." — Seneca

DATE



GRATITUDE



AFFIRMATION

"Happiness depends upon ourselves." – Aristotle

DATE



GRATITUDE



AFFIRMATION

Pausing before you react interrupts older stress pathways.

DATE



GRATITUDE



AFFIRMATION

Mood regulation improves when you slow down enough to notice your breath.

DATE



GRATITUDE



AFFIRMATION

When you return to appreciation, connection becomes easier to feel.

DATE



GRATITUDE



AFFIRMATION

Your system relaxes as it learns to release unnecessary alarms.

DATE



GRATITUDE



AFFIRMATION

The quieter the inner landscape becomes, the more clearly you can choose what matters.

End of Week 9 – Reflection

This week offered small releases: old tensions easing, fear softening, the breath becoming a little steadier. Letting go is a biological shift, not a single decision. Each time you relaxed your grip, you made room for clarity and calm.

Reflection Prompt:

What fear or story loosened its hold on you, even slightly?



Type here

WEEK 10 – Inner Strength, Identity, and Staying the Course

Becoming the practice

Strength grows through repetition, and repetition becomes identity.

Every small choice you've made … each breath, each moment of noticing, each gentle affirmation … has been shaping your internal patterns.

Over time, your nervous system learns to trust the pathways you use most. This week celebrates that long, steady shift.

Inner strength is not about perfection; it is about returning to yourself again and again. Identity forms from what you repeat, and you've been practicing habits that support clarity, calm, and direction. You are becoming the practice, and the practice is becoming you. Let this final week affirm how far you've come and how naturally you can continue.

DATE



GRATITUDE



AFFIRMATION

"What lies behind us and what lies before us are tiny matters compared to what lies within us." – Ralph Waldo Emerson

DATE



GRATITUDE



AFFIRMATION

"Act as if what you do makes a difference. It does." — William James

DATE



GRATITUDE



AFFIRMATION

"You are what you repeatedly do." – Aristotle

DATE



GRATITUDE



AFFIRMATION

Consistency builds identity, and identity sustains the habit.

DATE



GRATITUDE



AFFIRMATION

Each steady day reinforces the pathways you've created.

DATE



GRATITUDE



AFFIRMATION

The nervous system trusts what you repeat with kindness.

DATE



GRATITUDE



AFFIRMATION

Change becomes who you are, not something you're trying to chase.

End of Week 10 – Reflection

You've spent this week noticing how consistency becomes identity. Each gentle return to your practice reinforced the pathways you've built. Inner strength is about knowing how to come back to yourself.

Reflection Prompt:

Which part of yourself feels stronger or clearer after these ten weeks?



Type here

Epilogue – Continuing the Quiet Work

You've spent another ten weeks strengthening the pathways that help you return to clarity and calm. None of this happened through pressure. It happened through small, steady moments of attention, breath, gratitude, and choice. These are the habits that gently shape the nervous system.

As you move forward, carry the rhythm you've built. Five minutes a day is enough. Return to these practices whenever you need them. The calm you've been cultivating is already part of you.

Thank you so much for joining me on this journey.

You have honored me by staying with me on this path for another 10 weeks.

Elion Ben Kellor

Annotated Bibliography

A simple guide to the science and ideas behind your journal.

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Supports grounding, noticing sensations, and trusting early physical signals.

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