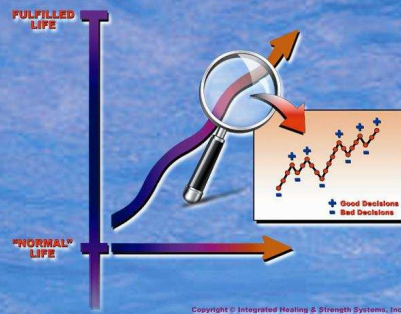


The Power of Writing Your Own History

How to Use this Journal

This journal is for your eyes only, a gift you should give yourself every day. The path to a fit and healthy diver life is marked with ups and downs which in their cumulative dictate whether we fail or succeed. We want to ensure our positive actions outnumber the negative and the victory journal is unbeatable to map this journey.



- ✓ Write the date and time.
- ✓ Start with your declaration of change and select one small, achievable goal for the day.
- ✓ Pour your frustrations there! Be as explicit as you'd like.
- ✓ Declare how you'll address your frustrations.
- ✓ Recognize your small victories for the day or previous day.
- ✓ Recognize the blessings in your life and close with an expression of gratitude.

Much success and happiness to you!



Coach Izzy

The **FIT** and
HEALTHY
DIVER
PROJECT
www.fahdp.com

Copyright © Integrated Healing & Strength Systems, Inc. and The Fit and Healthy Diver Project.
No part of this document can be reproduced without the explicit, written permission of
Integrated Healing & Strength Systems, Inc., The Fit and Healthy Diver Project,
and/or its authorized representatives.

The **FIT** and **HEALTHY** **DIVER** Victory Journal

This journal belongs to:

_____,
who is a diver committed to safer,
more enjoyable diving by embracing
The Fit and Healthy Diver lifestyle.