

# SMART Journaling

**Your SMART Daily Journal is one of the most important tools for your success with the SMART Diet 1-2-3 System.**

Keeping a weight loss journal or any life journal has many advantages and benefits. Whether you write a little or a lot you can record and track plenty of information that can be easily retained for future reference. You can actually see what you were thinking because your thoughts and experiences are in your weight loss journal. When you commit to writing your thoughts down, you have put your experiences into a solid form.

It is documented that people who correctly use a food and exercise journal are much more likely to lose weight and keep it off long term for a number of reasons. Below are some examples of the benefits of keeping a weight loss journal.

- 1. Track Your Progress** - You will be able to write down your starting measurements, and everything you have eaten for the day. You will also be able to write down all of the negatives that you were thinking for the day and turning those negatives into positive thoughts.
- 2. Setting goals and resolutions** - You will actually see and fully understand what you want, what is important to you, and how you feel, by keeping a weight loss journal. Then you can create goals and resolutions to support what you are thinking and writing about.
- 3. Reduce stress** - Keeping a weight loss journal has a proven benefit of reducing stress during your journey. Writing your thoughts down in a journal, expresses everything you feel for that day, therefore releasing a tremendous amount of stress.

4. **Helps focus** - Writing in a journal creates more personal awareness, and therefore more focus on the issues that are important to you. The routine and habit of creating a weight loss journal means making time for you - When you set aside time for yourself, you can feel the benefit and gain from doing something specifically for yourself. It can show up in other areas of your life as you carry that time you have spent on yourself within you, and everywhere you go.

5. **Using a journal to plan** your meals and shopping in advance will help you enjoy faster and longer lasting results.

6. **Organizes** - a weight loss journal allows you to set goals for what you want to accomplish for the day, the month, the year, or a lifetime, is an excellent tool to help you get those things done. You can create a personal checklist of "things to do."

7. **Start your journal on any day of the year** - A weight loss journal is something you can start today or any time for that matter. You can start and stop as you want. You can skip a day. It is your weight loss journal. Remember one thing though, the more you write, the more successful you are likely to be.

8. **Other Journal Ideas** - When keeping any journal, you can record your experiences, dreams, ideas, desires, thoughts and more, for reflecting on now, and any ideas you have for the future. You are telling your story to yourself in a positive way.

9. **Can better understand and accept yourself** and others - Whether you re-read your weight loss journal or not, you can gain benefits from writing down your story, and your thoughts. You are writing about how you see and experience life through change. You can compare and explore the times of your life - Awareness of the past can teach and support your future.

10. **Creates a good personal reminder** - As you journal the times of your life, if you are still writing about the same things over and over, it can help support your idea of what is working in your life and what is not. You are creating a record, and with that record in hand it is easier to see patterns, changes, and shifts. You can always ask yourself, "What do I want to carry with me?"

**11. Provides personal growth and freedom** - A weight loss journal can be a wonderful tool to help better understand yourself and the world that surrounds you during challenging times.

**12. Recording your eating habits jolts** you into realizing just what you eat and drink each day; and also whether you exercise sufficiently.

**13. Helps you identify foods and/or drinks** that are not on your SMART Diet Plan.

**14. Helps your SMART Coach** monitor and coach you to get the most from your program and to keep you motivated.

**15. Helps you identify 'mood-food' situations** and events that lead to consuming the wrong foods and drinks. This will allow you to adopt new strategies to manage such problems.

**16. Helps you to develop greater self-discipline** and control because you will have to acknowledge everything you eat and drink.

**Remember...this plan works for those who follow the rules!**