DOiT JOURNAL



Life-Back-DOITs and Journal Entries Inspired from
The Book Coffee Cups & Wine Glasses

DEBBIE SEAGLE

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You may be surprised to learn that one of the best ways to feel centered and to get your life back is actually a journal. Journaling eases stress and anxiety, sparks self-discovery, and gives you a chance to drink wine.

If your thoughts are all over the place, and you can't focus on what to do next, use journaling to process your emotions and solve problems inadvertently. By simply writing your thoughts down, you will discover your true desires, fears, favorites, and your magnificence!

Think of this Journal as a puzzle. There is no particular sequence leading you to a finished masterpiece. You pick each piece of thought from your brain, and when you put it all together, you can see the picture more clearly.

Journaling provides you with a much-needed pause to reconnect with yourself and rediscover who you are. Writing it down to look back on later will give you a boost in mindfulness, memory, and communication skills. It will also boost your IQ, help you learn from your past, plan for your future, and reduce belly fat. Oh, well, maybe not the belly fat. But you *are* going to benefit in the other ways I mentioned.

Many of the following Journal entries are inspired from the book Coffee Cups & Wine Glasses. Your Journal responses will enhance your journey to getting your life back in a positive and humorous way. Oh, and be sure to stop journaling and drinking periodically to DOIT.

What the Sam Hill is DOIT?

A "DOIT" is an obsolete Dutch coin of little value. But when you DOIT, you will gain significant value, like using a life hack.

In the book, *Coffee Cups & Wine Glasses,* skills and activities at the end of every chapter are your "Life-Back-DOITs." They are a valuable wealth of knowledge for your pleasure, confidence, knowledge, and absurdity. I've included a few condensed DOITs for you to sample in this Journal. Most DOITs in the book are more fun and detailed, and

enable you to become a human genius!

(Wine glass raised here.)

What in Tarnation is "the Sam Hill?"

Exactly

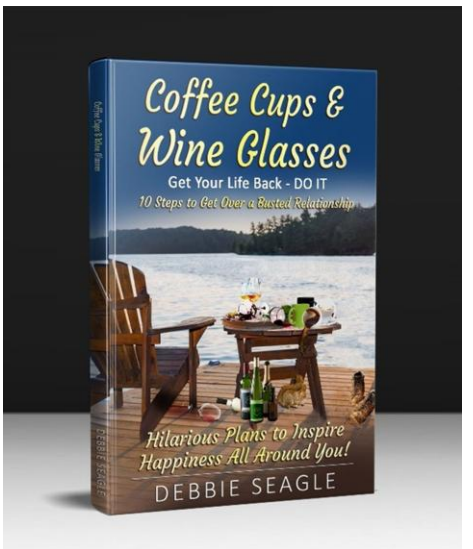
Ok, on to the Journal.

When you're suddenly single, learning to live life on your own, "I, ME, MY" feels isolated and exposed at first. But when you begin finding and designing your own life, you learn to embrace your own decisions and discover what you actually think and want.

Me means me too! When the "we" is jerked from your vocabulary, you get the opportunity to own up to your own feelings and intentions. Well, you're pretty much forced to.

That's the best thing about this Journal. It's all about you. Take time to release your inner magnificence and spend some time with *you*. Decide what You want for the rest of your life. The rest of your life begins this very moment, so you'd better get busy!

The following Thought-Provoking Prompts are not necessarily in the order you find them in Coffee Cups & Wine Glasses. Some people like to grab one each day, others embrace them as they go and do as much as they want. Crazy people can't put it down and just gobble up the entire list in a day or two. Here's the secret: You can do whatever you want to do! Enjoy.



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https://lifebackdoit.com/

DOIT JOURNAL PROMPTS:

To get you started, complete these three sentences and make them a mantra that may spark your imagination and your inner magnificence!

1. I will be (enthusiastic, loved, respected, valued, healthier, appreciated) …

_____
_____
_____
_____

2. I could become (an optimist, actress, chef, trapeze artist) …

_____
_____
_____
_____

3. I can have (a beautiful home, a go-cart, more friends, courage) …

_____
_____
_____
_____

4. Discuss one thing you can do RIGHT NOW that your future self will love you for later.

_____
_____
_____
_____

5. What is the best compliment you have ever been given? How did it make you feel?

_____
_____
_____
_____

6. Who inspires you, and why?

_____
_____
_____
_____

7. Create a list of questions to ask the person you admire the most.

_____
_____
_____
_____

8. What is your biggest success?

_____
_____
_____
_____

9. What is a stressful situation you'd like to escape?

_____
_____
_____
_____

10. How can you escape it?

_____
_____
_____
_____

11. What will you do to cope with uncomfortable encounters? (Like skip backwards to get away. Have fun with it, and enjoy the boomerang.)

_____
_____
_____
_____

DOIT

Next time you go to an Aquarium, take a fishing pole. That's all you have to do. I can assure you that someone will want to talk to you about it.

12. What's something annoying you'd enjoy sharing with the tramp who invaded your life?

_____
_____
_____
_____

13. What is something you'd like to learn more about?

_____

_____

_____

_____

14. Name 10 creative ways to use a potato-smasher & share your ideas on our Group

_____

_____

_____

_____

15. What do you want to do before you die?

_____

_____

_____

_____

16. When are you going to do it? (Not die, when are you going to do that thing you haven't done yet?)

_____

_____

_____

_____

DOIT

Say "Yes" To Everything for One Day

You've seen movies on this topic, and it can be hilarious, scary… maybe even somewhat ludicrous. It will definitely make your day unpredictable. You never know what may happen. Some positive changes can be made in your life! If you're still unsure of yourself, get someone to do it with you.

17. What songs, verses, stories, photos do you want at your funeral? (Write 'em down now, before, you know, you can't.)

_____
_____
_____
_____

18. If you were Dorothy in the Wizard of Oz, with three dudes, and needed to sacrifice your clothing for an escape, would you take your shirt off or would you take your jeans off first?

_____
_____
_____
_____

19. What makes you feel like taking your clothing off anyway?

_____
_____
_____
_____

20. What made you laugh today?

_____
_____
_____
_____

DOIT

If you haven't laughed today, go to a public restroom and roll golf balls under the stall doors and make it your goal to bounce them off someone's toes.

If you hear someone talking on their cell phone, be sure to join in on the conversation from your stall. (I discovered this idea accidentally.)

Once you've found a reason to laugh, hold on to these funny thoughts for as long as you dare.

21. What are your worst nightmares?

_____
_____
_____
_____

22. Why are your worst nightmares Not realistic?

_____
_____
_____
_____

23. What is the first thing that comes to mind when asked: What is your dream?

_____
_____
_____
_____

24. Describe your concept of luxury.

_____
_____
_____
_____

25. What would you like to do, as if dancing like no one were watching?

_____
_____
_____
_____

DOIT

Dance! Just get up right now and wiggle out a little dance!

26. What 3 things will you accomplish today?

_____
_____
_____
_____

27. Describe your concept of lucky.

_____
_____
_____
_____

28. Name 3 things that make you unusually happy.

_____
_____
_____
_____

29. Describe a place from your past.

_____
_____
_____
_____

DOIT

Follow our Kickstarter Campaign to make the movie!

30. Name three things you're proud to Do.

_____
_____
_____
_____

31. Name three things you're proud to Know.

_____
_____
_____
_____

32. Name three things, that aren't expensive, that you're proud to Have.

_____
_____
_____
_____

33. Make a list of fond memories to share with family members.

_____
_____
_____
_____

34. Ask questions about the lives of people in your family. Get to know them better and write down their stories to share with future generations.

_____
_____
_____
_____

35. Draw a family tree. Below each name, write a complimentary word that describes them.

_____
_____
_____
_____

DOIT

Plan a family reunion and share your family tree.

36. Name three fears you don't want to face. (Perhaps public speaking, relatives, or being stalked by a possum?)

_____
_____
_____
_____

37. What weapon will you use to battle those fears? (Maybe humor, a change of scenery, a reality check?)

_____
_____
_____
_____

38. Document something you've done that made you feel brave.

_____
_____
_____
_____

39. Research those fears and list the reason's you've found not to be afraid anymore. (It could be fear of the unknown.)

_____
_____
_____
_____

BTW: Hippopotomonstrosesquippedaliophobia (ironically) is the fear of long words. Just so you know. I hope that didn't frighten you.

DOIT

Acknowledge a fear, face it now, and don't back down.

It doesn't have to be monumental. For instance, I just got up and tried to juggle again. My fear is that I will never be able to juggle, no matter how much I talk about it.

40. Who are your true friends?

_____
_____
_____
_____

41. Do you have unspoken Friendship codes?

_____
_____
_____
_____

42. Who would you like to become friends with? (You know, if it were anyone at all.)

_____
_____
_____
_____

43. Why?

_____
_____
_____
_____

DOIT

Call friends to tell them you can't talk right now. You'll probably spend the rest of the day on the phone when some of them call you back. Other friends may just think you're day drinking.

44. What past humility can you transform into your bright and shining future?

_____
_____
_____
_____

45. What you will not think about anymore?

_____
_____
_____
_____

46. Three reason's you're happy you're controlling your own life now.

_____
_____
_____
_____

47. What would you do today if you could do anything: (Something to help someone? Would you do chores, cartwheels, do a plumber?) DOIT Darlin'

_____
_____
_____
_____

DOIT

Make up something funny to do with or to someone (something THEY will think is funny as well). Try something like:

Next time you're in a public restroom, look into the mirror and make happy then sad faces at the person beside you.

Go up to someone and pretend you know them. Start a conversation about how fast the grass grows in summertime.

48. Take a walk, and when you return… What did you see that came back with you?

_____
_____
_____
_____

49. Did you think of something you wanted to write down while you were walking? (Bet you did.) Sometimes you don't even realize what you love until you write it down.

_____
_____
_____
_____

50. Write about what you love to someone you want to tell, or write it to yourself. Make a Happy List. I LOVE...

_____
_____
_____
_____

HERE'S PART OF MY HAPPY LIST (TO GET YOU TO THINKIN')

I LOVE...

Snow
Puppies
Sushi, caramel, curry
Flowing water, flowers, rocks
Rain
Sunshine
Thunderstorms
Autumn
Laughing Babies
People who smile back
Massage
Snow skiing, hot-buttered-rum in front of a fire
A smooth-cantering horse
Sailing on a windy day
Making love in the rain
Candlelight
Good poetry
Floating down the river on a hot sunny day
Romance
Inspiring conversation
Laughing until I cry
Anticipation
Waterfalls
Feeling wanted/loved/needed
Sharing
Getting lost in a book
Rollercoasters, Ferris wheels, cotton candy
Falling out of a plane (with a parachute)
Anything good that takes my breath...

51. What 3 things do you want people to know about you?

_____

_____

_____

_____

52. Free Flow: Write a three-sentence story about being bare. It's not your great novel… just write whatever comes to mind. This is your secret … be silly, be true, be whatever you want to be.

_____

_____

_____

_____

DOIT

Count your blessings (They may come from a past humility). Before you begin each day, remember at least 3 things you appreciate about your life. Write them down. Then you can get out of bed, and go pee.

53. Every problem you face has a solution. Every question has an answer. What is your big question?

_____

_____

_____

_____

54. Write an answer to your question. It doesn't have to be the ultimate answer. Now, start writing multiple answers to your question… Don't think too hard, just start a free flow of ideas. You have 3 minutes.

_____

_____

_____

_____

55. Write something profound to leave with your loved ones.

_____

_____

_____

_____

56. Write a letter (and/or make a video) to be given to someone after you die.

_____

_____

_____

_____

57. What would you say to someone if you only had 18 hours left to live?

_____

_____

_____

_____

58. What would you Do if you only had 18 days left to live? (Uh… do it now).

_____
_____
_____
_____

59. Recall your funniest family or work story.

_____
_____
_____
_____

60. One remarkable thing you did at work. (It could be as simple as remembering birthdates.)

_____
_____
_____
_____

61. One remarkable thing you did at home.

_____
_____
_____
_____

62. One remarkable thing you did in the community.

_____
_____
_____
_____

63. One remarkable thing you did in your own mind.

_____
_____
_____
_____

DOIT

Do Something you keep saying you want to do... DOiT TODAY.

64. Your happiest memory about anything.

_____
_____
_____
_____

65. Why you love your present.

_____
_____
_____
_____

66. Things you never want to forget: write them down before you do.

_____
_____
_____
_____

67. A time you laughed until you cried.

_____
_____
_____
_____

68. What is funny to you (especially if no one else gets it).

_____
_____
_____
_____

69. Describe your attitude.

_____
_____
_____
_____

70. What thoughts give you a good feeling?

_____
_____
_____
_____

71. Complete these sentences:

_____
_____
_____
_____

72. I am satisfied because…

_____
_____
_____
_____

73. I am magnificent because…

_____
_____
_____
_____

74. I will survive because…

_____
_____
_____
_____

75. I am…

_____
_____
_____
_____

76. I know I'm getting my life back because…

_____
_____
_____
_____

77. Your favorite things about you:
(Courage, Ability, Determination?)

_____
_____
_____
_____

DOIT

Now, look in the mirror and say to yourself – out loud:

Damn girl, if you were a fruit, you'd be a FINEapple.

Somebody call the cops, because it must be illegal to look this good!

78. When was the last time you cried and why?

_____
_____
_____
_____

79. What happened that made you cry?

_____
_____
_____
_____

80. What were you thinking when you last cried?

_____
_____
_____
_____

81. Document the next two times you cry.

_____
_____
_____
_____

82. After three months pass, answer this: Was it really worth crying about?

_____
_____
_____
_____

83. Why?

_____
_____
_____
_____

84. Why Not?

_____
_____
_____
_____

85. List all the reasons you feel free.

_____
_____
_____
_____

86. The best thing about saying “I” instead of “we.”

_____
_____
_____
_____

87. Who are your best friends?

_____
_____
_____
_____

88. How do you describe each of your friends?

_____
_____
_____
_____

89. How would each friend describe you? (Ask them, and use their answers to feel good and even be a better friend.)

_____
_____
_____
_____

90. What ugly truth can you face?

_____
_____
_____
_____

91. What are some of the facts that make you awesome?

_____
_____
_____
_____

92. What have you done right?

_____
_____
_____
_____

93. Why are you someone who is easy to love and believe in?

_____
_____
_____
_____

94. Remember that your thoughts cause your feelings. Your feelings determine how you act, feel, and who you are. You know who you are; you are fabulous! OK Miss Awesome Pants, who are you?

_____
_____
_____
_____

95. What is the most fabulous thing about being alone with you?

_____
_____
_____
_____

96. What words are all about YOU and who you are becoming?

_____
_____
_____
_____

97. Three positive changes you will make to your daily routine this week.

_____
_____
_____
_____

DOIT

Change your attitude by simply changing your scenery. Do it with yourself, if you dare, or get your goofiest friend to go someplace with you. Ride in a convertible like Thelma & Louise (just not over the cliff). Eat delicious food and try things you haven't, until now.

Visit a zoo and name animals after people. (Who do they look like, act like, sound like?) When leaving the zoo, start running towards the parking lot, yelling "Run for Your Lives!"

98. Write or create everything, nothing and anything. Babble and inspire yourself with absurdity.

_____
_____
_____
_____

99. Make a happy playlist of songs that inspire you and lift you up.

_____
_____
_____
_____

HERE ARE SOME OF MY NOSTALGIC, SAPPY, HAPPY TUNES:

Joy To The World – Three Dog Night
I Get knocked Down – Chumbawamba
What A Wonderful World – Louis Armstrong
I'm Into Something Good – Herman's Hermits
Amazing Grace – traditional
What A Feeling (Flashdance) – Irene Cara
Walking On Sunshine – Katrina and the Waves
Don't Worry, Be Happy – Bobby McFerrin
I'm A Believer – The Monkees
I Will Survive – Gloria Gaynor
Footloose – Kenny Loggins
A Beautiful Morning – The Rascals
Peaceful Easy Feeling – Eagles
I'm So Excited – The Pointer Sisters
Oh! What A Beautiful Morning! – From Oklahoma!
I've Got The World On A String – Frank Sinatra
Girls Just Want To Have Fun – Cyndi Lauper
Do Wah Diddy Diddy – Manfred Mann
Blame It On Your Heart – Patty Loveless
Getting Jiggy With It – Will Smith

100. What do you consider to be the Greatest thing you've ever done?

_____
_____
_____
_____

101. What will you do next – something GREAT like power wash your neighbor's wheelbarrow?

_____
_____
_____
_____

102. Have you forgiven and walked away from something bad in your life? This isn't a yes or no question… what is it?

_____
_____
_____
_____

103. What makes you smile?

_____
_____
_____
_____

104. What makes you laugh?

_____
_____
_____
_____

105. Remember something really funny and write it down.

_____
_____
_____
_____

DOIT

To make some memories with a friend (you'll both tell the story from now on):

In a public restroom, guard the paper towel dispenser in the name of a New Green Deal then offer to blow-dry people's hands with your mouth to save energy.

In Your Favorite Department Store, hide in the racks of clothing and grab people's ankles as they walk by.

106. How will you make life better for someone else?

_____
_____
_____
_____

107. How will you be the reason someone smiles today?

_____
_____
_____
_____

108. List things you do for others.

_____
_____
_____
_____

109. What will you do for someone this week?

_____
_____
_____
_____

110. Something amazing about your life in this very moment.

_____
_____
_____
_____

111. Name 5 traits you find appealing in another person.

_____
_____
_____
_____

112. Write about the future you will pursue.

_____
_____
_____
_____

113. What can you laugh about now (after the fact)?

_____
_____
_____
_____

114. What do you want?

_____
_____
_____
_____

115. Something to tell your younger self to help you today.

_____
_____
_____
_____

116. Something good to tell your older self, something you'll never regret.

_____
_____
_____
_____

117. Write or create everything, nothing and anything. Babble and inspire yourself with absurdity. Write for five minutes. You're good at it now.

_____
_____
_____
_____

Writing helps you clear your head and own up to the fact that you are the one making decisions about what you think… and want… and do. DOIT while you're still sober. If it's too late for that, write it anyway! That may be more fun to look back on.

Now get up and continue growing as an amazing person, and rule your marvelous life!

Always remember, you have the ability, the strength, and the passion to follow your dreams and Get Your Life Back, DOIT.

I'm so happy you've taken some time for yourself!

You deserve it.

ABOUT THE AUTHOR

Author, Debbie Seagle lives in a small town in the Blue Ridge Mountains of Virginia near most of the things and people she loves: family, friends, kayaking, hiking, snow & water skiing, horseback riding, sunshine, dirt, mountain air, her maker, and her truck.

You may wonder how she woke up one day, alone, in a remote cabin in the mountains with nothing to put into the dishwasher but coffee cups and wine glasses? Her book ***Coffee Cups & Wine Glasses*** explains everything.

Debbie has written an award-winning screenplay that's being made into a feature comedy!

You're invited to follow the fun & Join the Group:
Coffee Cups & Wine Glasses – The Movie



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For more information: https://lifebackdoit.com/