

# GoodMenders

This is a sample from a 3-month daily journal:  
One, Two, Be. If you are interested in getting  
a hard copy for you or a group, you can  
connect with me at [nick@goodmenders.com](mailto:nick@goodmenders.com).  
Let me know how it goes!

Cheers,  
Nick



## **How to Use this Journal**

This is your journal. It's also your commitment to deliberate living: One, Two, Be. This is not another fad. It is a handful of practices that we already know lead to a more fulfilling, fruitful, and joyful life — except now, with an accessible daily framework, they rest in your hands. The first obstacle to hurdle is “I don't have time for this.” You do. You're just filling it with something else at the moment. Maybe work, maybe TV, maybe your phone, or even your family. It may all be things you feel you need to do, but if you want to do all those things well, you need to feel good. So, do you have the courage, the love, and the humility to challenge yourself each day, to bring your best for others, to go on a mender? If you've gotten this far, I dare say, you do.

With Love,  
*Nicholas Fair Nowak*  
*Owner & Founder of GoodMenders*

### **3-Month Goals, Leadership Framework, and Core Values:**

Before beginning your journey, it helps to tune your compass. Take a few minutes to list the goals you would like to accomplish by the end of this experience, the principles that guide you as a leader (mine are: lead by example, radiate belonging cues, share vulnerability, do it well and with purpose, and be useful and joyful), and the core values (e.g. integrity, love, respect) that ground you and your actions. This will serve as your foundation, but feel free to renovate it as necessary.

### **Calendar:**

Each month begins with a blank calendar. It's there to write down the main events of each day, additional weekly or monthly goals, and for your general planning purposes.

### **Dailies:**

**Activate:** As soon as you wake up, grow your positive mindset by writing down three things you are grateful for. Then, before you start chipping away at the email count or checking your socials, do some yoga, stretch, or any kind of exercise, even if it's just 5-20 minutes. Mark this however you like on your daily log and strive to get your full workout in later. You can check the box, write in a time, or rate the intensity 1-10. Add any details into the Notes section.

**Hydrate:** It's not groundbreaking, but not being dehydrated each day is a gamechanger. Do your research to come up with a target amount, and use this section to log your cups.

**Meditate:** Practice on your own, use an app, or join a group and make a habit of meditating at least once a day (mindfulness is great too). It may only be 5 minutes, you may do it while you transition from A to B, but you'll soon find yourself wanting more — and wanting less mindless swipe time on your phone.

**Goals:** It's like a to-do list, but setting daily goals the night before keeps you motivated and improving (you can also work on your memory and try to recall them without looking in the morning). To incorporate the GoodMenders mantra — Break the Box, Cut the Schlock, Be a Beauty (BCB\*) — set a goal for each of these fundamentals. You'll then take steps to break harmful stereotypes, to drop bad habits, and to lead with kindness, love, generosity, and courage each day.

**Notes:** Take time to organize and synthesize your thoughts and discoveries. Add what you need. Let your brain children run free. It only helps.

**Monthly Reflections:** At the end of each month, there is space for you to reflect on how you are feeling about deliberate living, to see how you are growing, and to recalibrate as necessary. Take a breath and be.

*\* Visit [goodmenders.com](http://goodmenders.com) to learn more about BCB and other offerings. Welcome to our community, committed to building better culture. I'd love to hear about your journey, so feel free to connect.*

## Break the box. Cut the schlock. Be a beauty.



**Break the box.**

Break the man-made stereotypes (sexism, racism, homophobia, etc.) that box you and others in.



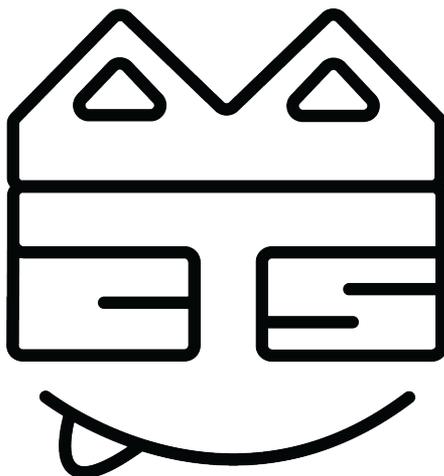
**Cut the schlock.**

Schlock is trash. Identify the schlock that you control: bad habits, behaviors, attitudes. Then, cut it out.



**Be a beauty.**

Radiate positivity and be a model of morality and healthy living.



## 3-Month Goals

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## Leadership Framework (principles to guide you as a leader)

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## Core Values (the most essential values for you to uphold)

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*“Those who say it can’t be done are usually interrupted by others doing it.” — James Baldwin*

One, two...





