

A FREE WORKBOOK

# A Guide to Living an Optimistic Life

BY OLIVIA WILSON

[WWW.REALLYGREATSITE.COM](http://WWW.REALLYGREATSITE.COM)







# WELCOME

This is a welcome page. A magazine is a periodical publication, which can either be printed or published electronically. It is issued regularly, usually every week or every month, and it contains a variety of content.

This can include articles, stories, photographs, and advertisements.

*Olivia Wilson*



01 - 04

## INTRODUCTION

You can also add a blurb to let readers know what each article is about. Two sentences will do!

05 - 08

## TIPS FOR MORNING RITUALS

You can also add a blurb to let readers know what each article is about. Two sentences will do!

09 - 10

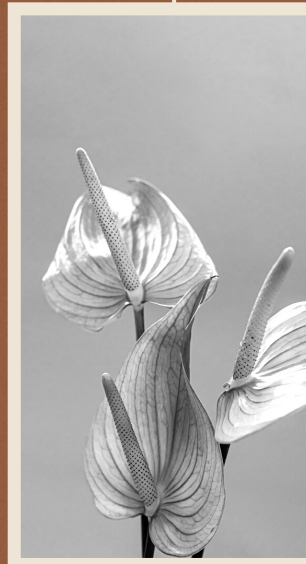
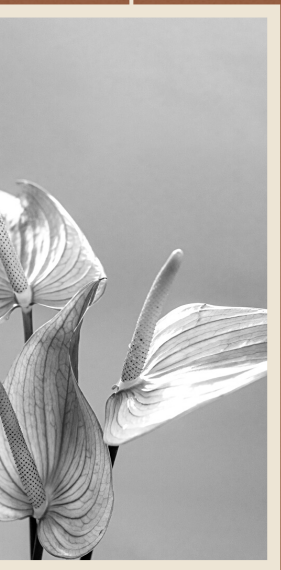
## GRATEFUL JOURNAL

You can also add a blurb to let readers know what each article is about. Two sentences will do!

10 - 15

## CONCLUSION

You can also add a blurb to let readers know what each article is about. Two sentences will do!







# How to use this workbook

When you've decided on your cover story, come up with a list of topics for your feature articles. This can range from interviews, product reviews, human interest pieces, and even lists.

Think about what your audience would be interested in and get writing! Again, choose engaging photos and graphics to accompany your words, as these also help catch your audience's eye.

*Questions?*

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## CHAPTER ONE

# INTRODUCTION

When you've decided on your cover story, come up with a list of topics for your feature articles. This can range from interviews, product reviews, human interest pieces, and even lists.



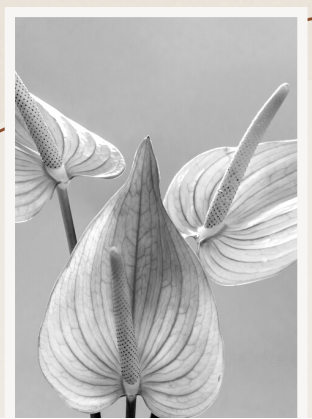
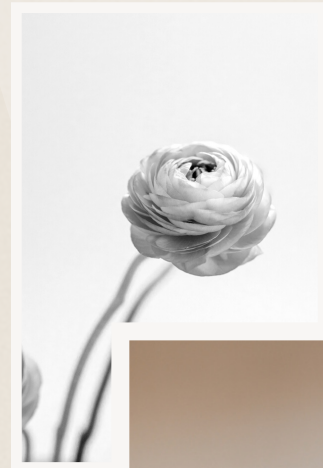


# Introduction

A magazine is a periodical publication, which can either be printed or published electronically. It is issued regularly, usually every week or every month, and it contains a variety of content. This can include articles, stories, photographs, and advertisements.

To create your own, choose a topic that interests you. It can be anything from fashion and beauty to travel and the news. Once you have your overall theme, you can start brainstorming the content. Just starting? Design a memorable masthead with an equally memorable name. This goes on the cover and sets up the branding for your entire magazine. What style are you going for? Is it playful? Classic? Bold? A good masthead captures the essence of your magazine, so it needs to be flexible, meaningful, and consistent enough for future issues.

Next, think of a compelling feature for your cover story. This will be what draws your audience in. Make sure that you have accompanying visual content that immediately catches the eye.







## CHAPTER TWO

# TIPS FOR MORNING RITUALS



When you've decided on your cover story, come up with a list of topics for your feature articles. This can range from interviews, product reviews, human interest pieces, and even lists.



# Tips for morning rituals

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## STEP 1

# Reflect

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## STEP 2

# Meditate

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STEP 3

## Move

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STEP 4

## Journal

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## CHAPTER THREE



# START YOUR GRATEFUL JOURNAL

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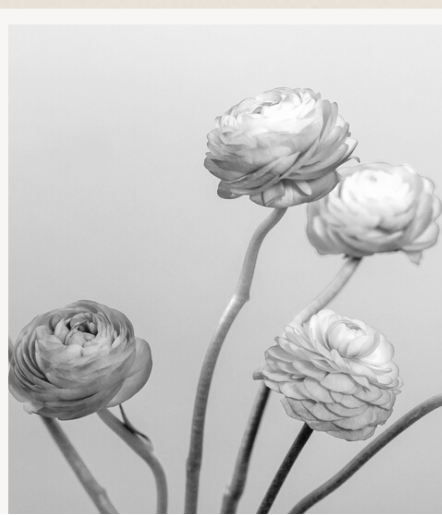




# How to Make a Journal

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DATE	MOOD
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Daily Journal

YOUR THOUGHTS

GOALS	TO DO
<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>



# Conclusion

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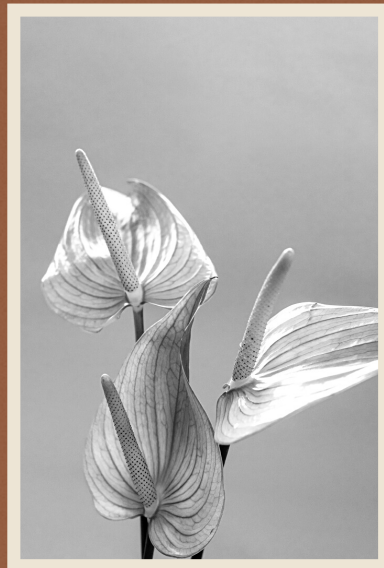
THANK YOU FOR  
WORKING ON THIS WORKBOOK





NEED MORE INSIGHT & SUPPORT?

# The Mindfulness Masterclass



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