

Journaling

PAGES



JOURNALING ROUTINE

Follow these tips to build a daily journaling habit...

1

Start with two minutes.

If you're having trouble setting aside time to journal, start with two minutes. Pull out your notebook and write for two minutes. If, after two minutes, you feel inspired to keep writing, then keep writing.

Build up over time.

Over time, set aside more time (at least 5-10 minutes) for your daily journal practice. This way, you give yourself time to answer the journal prompts thoughtfully and work towards your success.

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Set aside a regular time to journal.

Whether you journal in the morning or evening is less important. What's more important is to set aside a consistent period during the day where you commit to pulling out your journal.

Practice self-compassion.

It's okay if you forget to journal one day! Forgive yourself if you miss one day of journaling. At the same time, be cognizant that sometimes we avoid the things we need most.

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Keep your journal with you.

Carry your journal with you so you can easily grab it when you want to write down something.

MONDAY MOTIVATION

Use these weekly journal prompts to guide you to success...
Journal about your motivations and goals.

Date: _____

WHAT IS YOUR PURPOSE?

WHAT IS YOUR "WHY"?

WHAT DOES YOUR LIFE LOOK LIKE WHEN YOU
ARE AT YOUR HAPPIEST?

TUESDAY TRANSFORMATION

Journal about your ideal day.

Date: _____

WHAT DOES YOUR IDEAL DAY LOOK LIKE?

HOW WOULD YOUR IDEAL DAY LOOK IF IT
WERE IMPOSSIBLE FOR YOU TO FAIL?

HOW CAN YOU STRUCTURE AN IDEAL DAY
THAT WILL HELP YOU ACHIEVE YOUR GOALS?

WEDNESDAY WARRIOR

Journal about the ways we trap ourselves.

Date: _____

WHERE ARE YOU MAKING THINGS MORE
COMPLICATED THAN THEY NEED TO BE?

HOW ARE YOU COMPLICIT IN CREATING
THINGS YOU DO NOT WANT?

THANKFUL THURSDAY

Grateful people are more likely to take care of themselves, make healthier choices, and feel happier.

Date: _____

WRITE DOWN 5 THINGS YOU ARE GRATEFUL FOR. BE AS SPECIFIC AS POSSIBLE.

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FRIDAY REVIEW

Review the past week.

Date: _____

WHAT HAVE YOU ACCOMPLISHED? WRITE DOWN
THREE THINGS YOU HAVE ACCOMPLISHED THIS
WEEK.

HOW DO YOU FEEL ABOUT THESE
ACCOMPLISHMENTS?

YOU CAN ALSO JOURNAL ABOUT HOW YOU WANT TO
GET CLOSER TO YOUR GOALS NEXT WEEK. WHAT
TASKS CAN YOU SCHEDULE THAT WILL ENABLE YOU TO
DO THIS?

SATURDAY STORY

Journal about your stories.

Date: _____

WHAT IS SOMETHING YOU HAVE STRUGGLED WITH
LATELY?

WHAT IS A STORY YOU ARE TELLING YOURSELF
THAT COULD BE HOLDING YOU BACK FROM
ACHIEVING YOUR FULL POTENTIAL?

HOW CAN YOU REFRAME THAT NEGATIVE BELIEF INTO
A POSITIVE ONE?

SUNDAY INTENTION

Journal about your goals.

Date: _____

WHAT IS YOUR INTENTION FOR THIS NEXT WEEK?

WHAT GOALS DO YOU WANT TO SET FOR THE WEEK?

WHAT DOES "SUCCESS" LOOK LIKE FOR YOU THIS WEEK?

WHAT ARE YOUR PRIORITIES THIS WEEK?

Journaling can be a
meaningful way to
understand yourself,
your goals, and the
best way you can
achieve them.

It can also be a way to process feelings and express what's going on in your mind.

Use these prompts as tools to help you check in with yourself, set intentions, and grow.

Happy Journaling!



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