

6 Powerful Journal Prompts

# Introduction

To get the most value, we suggest the following:

1. Don’t do this after work when you are filled with negativity, frustration, and exhaustion. Schedule a couple of hours early in the morning before work or on a weekend. Don’t listen to music, radio, tv, or anything else before. You want to have a fresh, clear mind. If you do this at the end of the day, be sure to meditate before so that you have a focused mind.
2. You can use any notebook and pen you want but make this a special treat for yourself. You can get some really nice journal notebooks from Barnes & Nobles, and solid pens as well. Treat yourself, make this special and you will want to do it more often.
3. Go somewhere that you have never been and can write in peace. Ideas include library, coffee shop, somewhere in nature, restaurant, airport. Think of a unique place that is new to you. If you always go to coffee shops go somewhere different.
4. Pick one of the prompts below that instinctually jumps out at you. Don’t think, don’t feel. There is one that is calling to you, go with that one!
5. No one is going to see this except for you and what you share with the team. The more open and honest you are, the more valuable it will be for you!

# How to Fill This Out:

To start, write about how you are feeling before you start this exercise. What thoughts are going through your mind? Are you excited? Nervous? Scared? Anxious? Why are you feeling those thoughts? What do you hope to gain out of this journaling exercise? When was the last time you journaled? For some of you, was it at the seminar???

1. Considering my current state of affairs (job, savings, investments, health, friends, relationships), what will my life be like in 5 years if I continue with this trend? How do I feel about that?
2. Something I would love to do, but I'm not sure I can is? How does that make me feel? Who is someone that I can connect with for help?
3. Considering my current state of affairs (job, savings, investments, health, friends, relationships), what advice would I give to myself 10 years ago?
4. This year what I want most is? Why don’t I have this in my life already? What are 5 things I can do to get it?
5. The highest high I have ever been in my life was when...? The lowest low I have ever been in my life was when...? Why did I pick those two moments? Describe them in detail using feelings.
6. A regret that haunts me the most is...? What do you wish you would have done differently? Detail the experience, the feelings it caused then and continues to today.

Now that you’ve finished, how do you feel? What are you thinking? Is this valuable for you?

MONTHLY REPORT

**\_\_\_\_\_\_\_\_\_\_\_\_\_ 2017**

# Summary:

(quick recap of the month)

# Professional/Business:

**Positive**

**Negative**

# Personal:

**Positive**

**Negative**

# Spiritual/Health

**Positive**

**Negative**

# Goals for Next Month and Purpose