

Why You Should Journal

Powerful Reasons to Start Journaling...

- 1) Tap into your Values, Purpose, Emotions, & Goals
- 2) Improve Mental Clarity/Overall Focus, & Help Solve Problems
- 3) Improve Insight and Understanding
- 4) Track your Overall Development
- 5) Facilitate Personal Growth

How Do You Get Started?

Journaling is easier than you think. Simply grab a notebook, pick up a pen, then start writing. As soon as you get a few words in - the process should take over for itself. Do this daily for 5-15 minutes to establish a positive habit that will benefit you for years to come.

If you need help getting started - Here is a template with questions to ask in the morning and the evening.

What To Write About...

Morning

- 1) Who will I be today?
- 2) What dreams will I chase?
- 3) What am I grateful for - 3 points?
- 4) How am I feeling?
- 5) What will I accomplish today?
- 6) How can I experience more in... (what you want to improve)

Evening

- 1) What went well?
List 3 BIG Wins
- 2) What were my negative thoughts?
- 3) What am I grateful for - 3 points?
- 4) How can I experience more in... (what you want to improve)