

Bonus

JOURNALING GUIDE

Journaling helps you become more aware of your thoughts and emotions. Journaling cultivates your self-awareness.

Tips:

- *It's best if the journaling is just for you. No one else needs to read it. Share it if you like, but write it in the mindset of just doing it for yourself.*
- *Journal by writing on paper with a classic pen if you can (more stimulating for your brain compared to typing on a computer).*
- *Allow your thoughts to flow onto the page without stopping to edit or judge. There is no right or wrong.*
- *Don't worry about grammar or spelling, just write what comes to your mind.*
- *Set a timer, to 3 minutes. Keep writing until the time is up. Keep writing even if you don't know what to write. Then draw a wave line and stay in the flow of writing.*
- *After you are done, take a few moments to read over what you've written and reflect on what you discover.*
- *Use Journaling Prompts to trigger your thoughts.*

Prompts:

- *I feel fulfilled when...*
- *Some of my biggest challenges are...*
- *What surprises me most is...*
- *My strengths are...*
- *Things that go well in my life right now are...*
- *Life is calling me to...*
- *What would support me is...*
- *In the next year I really want to...*
- *My strategy to achieve my goal is...*
- *The next actions on my path to make my dream reality are...*

Pick a Journaling Prompt that relates to you right now. Put distractions away. Set a timer to 3 minutes. And start writing. Once done, read over your writing and reflect on what you discovered. Pick another Prompt and repeat if you like.