

JOURNALING

ALIGNED • INSPIRED • EMPOWERED • TRANSFORMED

1

GOAL JOURNALING

Select the top goal you have for your life. Write as many details as you can about that goal. Why do you want that goal, how will it make you feel, and how things will look around you once you achieve it.

2

EMOTION JOURNALING

Prioritize the emotion that takes over your thoughts the most, and write about it, where it might be coming from, and how you can transform that emotion into positive fuel for your life's actions.

3

EXPERIENCE JOURNALING

Pick an experience that had a big impact on your life, whether it was positive or negative. Describe the experience in as much detail as you can. Describe it as if you were telling a story to someone else.

4

MEMENTO JOURNALING

If you collect souvenirs or keepsakes, pick a special one from your collection, and write about it. Similar to the experience journaling, describe the event where you obtained your item in as much detail as you can.

