



# DAY JOURNAL WORKBOOK

*WHAT DOES SUCCESS  
LOOK LIKE TO YOU?*

**Don't Just Think It.....Ink It!!!**

## **Introduction to Journaling**

When you journal, you get your thoughts, feelings, and goals onto paper. Physically writing down your thoughts helps you clarify what you want. It also helps you to uplift your mood, keep track of your success, practice positive self-talk, and work through ways to manage your emotions.

### **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.
2. **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.
3. **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.
4. **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.
5. **Keep your journal with you.** Carry your journal with you so you can easily grab it when you want to write down something.

# Motivation Monday

**Journal about your motivations and goals**

**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**

**What does your ideal day look like?**

**How would your ideal day look if it were impossible 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**

**Where are you making things more complicated that then need to be?**

**What can you do to simplify your challenges?**

**How will you know you are successful?**

# **Thankful Thursday**

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

**Write down 5 things you are grateful for. Be as specific as possible.**

**What can you do show appreciation to others on a regular basis?**

# **Friday Reflections**

**Review the past week**

**What have you accomplished? Write down 3 things you have accomplished this week.**

**How do you feel about these accomplishments?**

**How will you keep the momentum going next week? What tasks can you schedule that will enable you to do this?**

# **Saturday Story**

**Journal about your stories**

**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**

**What goals do you want to set for the week?**

**What strengths can you leverage to reach your goals this week?**

**What does success look like for this week?**

**What does "balance" look like for you this week?**

# Journal Today

**Don't just think it.....ink it!**

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 manage your emotions by building awareness around triggers.

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

**Each week, make a copy of this worksheet and fill it in.**

See how journaling can be an incredible tool to help you turn your dreams into reality!

Hope you enjoyed the workbook

If you need additional tools, coaching or development reach out to:



<https://spotlight4life.com>

[Sherrigcoach@gmail.com](mailto:Sherrigcoach@gmail.com)

**Strengthen your career and life**