



# MOMENTS TO MOMENTUM THROUGH JOURNALING

## About Scott Abbott's Podcast

"**Moments to Momentum, with Scott Abbott**" is a fun and educational podcast - featuring candid and inspirational conversations, with successful leaders from a wide-spectrum of demographics and vocations - that share their most meaningful situations, stories, and events (i.e., "moments"). Furthermore, how those big moments produce "momentum," that helps them succeed in their profession and life. By having leaders share their significant experiences - along with the lessons and advice learned - listeners gain their own "moments to momentum," as they enjoy and benefit from our guests' experiences, insights, ideas, and recommendations.

But why should the benefits of a moments to momentum **mindset**, be relegated to a podcast?

Everyone should embrace the power of personal reflection: and that's where **journaling** works. After all, it's hard to appreciate/leverage how our moments generate momentum, if we don't take the proper time to reflect on and discern, where and how they impact us. Life is a journey (not a destination), and we should always be learning/growing: personally and professionally.

And journaling is one of the best ways to do that.

## The Power of Journaling

Journaling is writing down your experiences, feelings, insights and feedback, to help understand them more clearly. Keeping a journal helps you gain a better understanding and control of your ideas, emotions, and state of mind. It's a great way to decompress, relieve stress, control your thoughts, improve your immune system and mental health, alleviate depression and anxiety, and overall provides a host of proven healthy benefits (mentally, emotionally, physically, and spiritually). Journaling also boosts real awareness, helps you remain present while keeping perspective, and provides a greater sense of confidence, control, empathy, and identity.

## Good Journaling Habits

On a daily or weekly basis, write down one or two of your most meaningful, defining, and noteworthy situations - i.e. a specific experience, time, relationship, or event - that has made (or might make) an impact on your life: be that with regard to joy, fear, uncertainty, anger, happiness, you name it. Write down what happened, why was it so meaningful, what did you learn, how did it benefit you, and what insights or feedback it created. To note: Journaling loves real transparency and vulnerability; the more personal and intimate your writing, the better.

## 10 Suggestions for Journaling

1. Protect your privacy (keep it safe).
2. Use a great journal (make it yours).
3. Date every entry (no exceptions).
4. Keep what you write (no edits).
5. Write fluidly (go with the flow).
6. Tell yourself the truth (be real).
7. Write naturally (be authentic you).
8. Remove judgments (it's for you only).
9. Create a writing routine (fully commit).
10. Have fun and enjoy (make it a habit).

And feel free to add to this list, by taking some time to discover for yourself, how best to journal. There are plenty of great articles and books on journaling. But don't overthink it. All you really need is a good pen, a nice journal, a comfy space/place, and enthusiasm.

## 99 Journaling Questions

If we keep it real, we are not always ready or able to journal from "top of mind." More often than not, we need help with what we want to journal about. That said, here are some great questions that you can use, to spark your journaling and self-discovery. Do as you see best.

1. What is one of the kindest things someone has done for you?
2. Who and what, do you take for granted (be very specific)?
3. Where in life, do you feel overlooked? Underappreciated?
4. What can you do today, that you could not do a year ago?
5. What risk(s) are you happy that you took? What upsides came from those risks?
6. List your dreams, fears, success and struggles (look for patterns & commonalities).
7. What part of yourself are you too afraid to express or share? Why?
8. For what in your life, do you feel most grateful?
9. Where are you placing unnecessary blame for something that happened to you?
10. What obstacles are getting in the way of you being your best self?

11. What's something you learned about yourself in the last 3 months?
12. How can you become a better role model? Mentor? Leader? Ally?
13. What are your 3 biggest insecurities? What are your 3 biggest challenges?
14. Make a list of "I believe (what) ..." statements, and thoroughly explain why?
15. What is the best compliment you ever received? What about criticism?
16. Think of a relationship in conflict (past and present), and how best to fix it?
17. Where in your life do you feel misunderstood?
18. What do you think makes for a good person?
19. Any specific habits or routines that work best for you?
20. What triggers you? How can you overcome these triggers?
21. What personality trait gets you in trouble?
22. It's been said that the four cornerstones to trust are authenticity, logic, empathy and perseverance: What do you think of that? And any thoughts for building strong trust?
23. Which value do you care about most that you're not currently living?
24. Who has influenced you the most in life, and why?
25. What long-held beliefs do you need to reevaluate?
26. If you had a crystal ball, that could tell you the truth about yourself, your life, your future, or anything else that can be important to you and your world, what would you want to know?"
27. What fascinates you the most today?
28. Describe what happiness looks like?
29. If you wanted to confide in someone, what would be important for them to know?
30. Do you have a personal mantra, or an individual purpose, mission or vision statement?
31. What's one thing you should start or stop doing, to help you better yourself?
32. If you had 1-3 suggestions for everyone, what would those be?
33. If you had a "mulligan" (aka a "do-over") in life, what would it be?
34. What topic/issue are you hoping someone won't ask you about?
35. What do you wish you had more time to do?
36. What are you pretending not to know? What (and who) are you avoiding?
37. Knowing what you know now, would you do the same career path? Would you encourage your kids to get in the same business as you? What would you advise them to do?
38. What can you do to demonstrate to your friends, that you are someone they can rely on?
39. Write a love letter or a note of appreciation to someone in your life (and give it to them).
40. Who has wronged you in your life, and how? Are you ready to forgive them? Will you?
41. Who is your best friend and why? What qualities and characteristics do you like most?
42. Who in your life do you need to thank, and why: be specific (then let them know).
43. What do (or should) you do, to make you more accountable and trusted?
44. What was your best lesson over the past week, month, quarter or year?
45. What do you need to do to get more time, money, status and peace of mind?
46. What did you solve/fix this week, month or quarter, that wasn't a known problem?
47. How do you know you are good at what you do?
48. What do you need to say (and to whom), that hasn't been said yet?
49. What is the most important topic that you must deal with ASAP?
50. What, where or who in your life do you need to say: "Enough is Enough: No More!"

51. What are your 2-3 biggest opportunities for personal and professional growth?
52. What are your 2-3 biggest detriments for personal and professional growth?
53. In what part of your life are you playing too small?
54. What are the areas of focus and progress, that make you feel most confident?
55. What is giving you the biggest sense of excitement? What about concerns?
56. What is one of your most beautiful moments in life? Saddest moments?
57. If someone replaced you tomorrow, what would they change and why?
58. What are your biggest 2-3 frustrations?
59. Your biggest wish(es) for yourself is?
60. Your biggest wish(es) for your friends and family?
61. One area you would like to grow as a person, and how would you do it?
62. What is your superpower (aka gift/ability) that can help others?
63. What is one "coaching tip" you would give to ensure others have a great day.
64. What's the most generous act/action you've seen recently?
65. What's the last thing you experienced that made you laugh? Made you cry?
66. What times of the day or the week are the hardest? The easiest?
67. What's giving you hope right now? What's causing you anxiety now?
68. What's your number one tip for combating distractions? Laziness?
69. What questions or conversation do you want to have with your parents?
70. Favorite vacation spot, and/or where do you want to vacation or even live?
71. What are your pet peeves (and why)? What about annoying quirks (and why)?
72. What motivates you? What frustrates you?
73. What makes you angry? What makes you happy?
74. Name 2-3 famous people you want to have dinner with, and why?
75. What are your two favorite hobbies? What hobbies do you want to start?
76. What are your biggest mistakes, and what did/should you learn from them?
77. Who should you check in with, and why? What do you want to say or ask?
78. What 5 words do people think of, when they think of you?
79. What from your past, is getting in your way today?
80. If you were a teacher, what would you teach?
81. What would you like your nickname to be?
82. What qualities do you admire the most?
83. Who (name persons) do you admire the most? Why?
84. What have you been putting off that you should really do?
85. What brings you joy and fulfillment?
86. What stories from your childhood do you want to tell your kids?
87. Who is your hero in real life: and why?
88. If you were locked in jail for a week with one person, who would it be?
89. What is the funniest thing that happened to you recently?
90. What is the biggest surprise you've had in the last 90 days?
91. What are you known for? What do you want to be known for?

92. What profession other than your current one, would you like to attempt?
93. What is one thing you wish you had known, to start your career?
94. What do you fear the most? Hate the most? Love the most?
95. Why do you matter, and what matters most in your life?
96. What's the most recent highlight and lowlight in your life?
97. What's your favorite word, quote, expression, or exclamation?
98. What is a fun fact about you, that most people don't know? What about a secret?
99. What's the difference between who you are now, and who you want to be in 5 years?

## Help Yourself and Help Others

To paraphrase Abraham Lincoln, you can't help other people, if you don't first start by helping yourself. In other words, taking care of yourself first and foremost, is the foundation to being there for other people. Think about it: you can't serve others, if you're not committed to being the best version of yourself (thinking otherwise is hypocritical at best, and dangerous at worse).

While some might think putting yourself first is selfish, they'd be wrong. Self-development and self-improvement are way different than being selfish. That said, after you are on your way to feeling good about journaling, and are realizing the tangible benefits for journaling, be sure to share your passion and appreciation for journaling, with others in your life. Pay it forward.

Thank you for journaling (your world thanks you, as well).

Have fun and enjoy.



BTW: In addition to using these questions for journaling, you can also use them as a great way to get to know people. If and when you have a small get-together with family and/or friends, feel free to use these questions as a way to build and forge strong(er) relationships. Just be careful, as some questions might be too personal. Please be sure that everyone is comfortable with answering their question(s), and know that everyone is able to pass, as they so choose.

For additional work/life motivation and tips, join Scott on Instagram [@scottabbottabc](https://www.instagram.com/scottabbottabc).

And to learn more about Scott and his work, please visit [www.scottabbottabc.com](http://www.scottabbottabc.com).