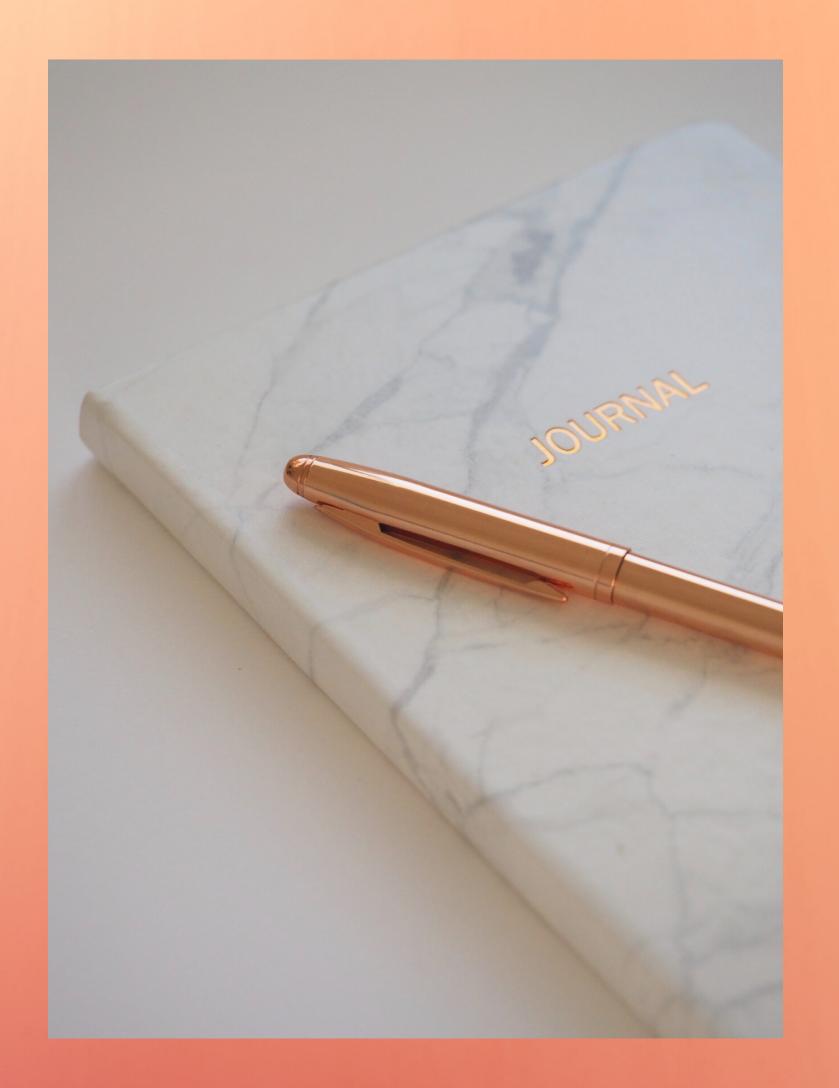
## MIY 30 DAY

## JOURNAL



Brought to you by Elan Life Coaching

## This Tournal Belongs to

### Date





Keeping a journal is a great way to keep track of your hopes, dreams, thoughts, and accomplishments. Through journaling you are able to organize your ideas and goals. It will help you identify any gaps and can guide you to make necessary changes. Keeping a journal helps you process your thoughts and experiences which increases your ability to accomplish your dreams.

Use this topic driven 90 day journal as a way to begin a new habit of keeping a journal. It will help you build the muscles needed to capture your thoughts in writing on a consistent basis.

TARA E. GODBY CPC. ELI-MP





### Why are you keeping this journal?



## What do you hope to accomplish by keeping a journal?

Day 3

## How would you describe yourself to a stranger?

a stranger!

# May 4 What do you wish people knew about you and why?

## May 5 What inspires you?

## My top 3 goals are:

# May 7 What are your best character traits?

# What scares me about my dreams/goals?

# May 9 Some of my biggest life lessons were

were:

May 10

If you had a chance to go back to a specific age, what age would you

pick and why?

Mrite a letter to someone who hurt value Tall tham avantly have your falt

you, ren mem exactly now you ren.
Then forgive them.

# May 12 What person/incident had the most impact in your life?

impact in your lite?	

## May 13 What are 5 of your worse habits? How do thou impact your life?

	uo	шеу	ШР	uC1	youi	III C	•

## May 14 Some of my victories today were:

# May 15 When things are tough, I will remember

# May 16 If I could change anything about myself, I would...

mysen, i would		

# My biggest accomplishments are/were:

are/were.

## May 18 Today I am grateful for...

## May 19 What is holding me back from being

better and doing better?

## May 20 What habit would you like to break?

THIAI HADII WOULD JOU INC TO DICUK.

## Day 21 Describe a perfect day.

May 22
Write yourself a letter of forgiveness.

wille yoursell dieller of lorgivelless.

## May 23 Why do you deserve a better life?

Day 24

What are the 5 things that trigger you		
the most and why do they trigger you?		

Do you have people in your inner circle who inspire you to be better? Name them and explain how they

inspire you.

## May 26 What lesson do you wish you would have learned earlier than you did?

Day 27

What do you love most about your		
significant other? If you don't have		
one, what traits are you looking for?		

# May 28 What did you do today that you are proud of?

proud of:		

# May 29 Write a letter of forgiveness to your ex

(or torgive yourselt)

## May 30 How can you be your own advocate? How can you make sure that you

honor yourself?		

## Thank you for taking this journey with me



Www.elanlifecoaching.com +1 (512)761-4379 TEXAS-USA