My 90 day Tournal



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?

Journal	



What do you hope to accomplish by keeping a journal?

Journal	
	_



How would you describe yourself to a stranger?

Journal

What do you wish people knew about you and why?

Journal



What inspires you?

Journal





My top 3 goals are:

Journal		



What are your best character traits?

Journal	



What scares me about my dreams/goals?

Journal

Some of my biggest life lessons were:

Journal	
- 1 T	
	-

If you had a chance to go back to a specific age, what age would you pick and why?

Journal

Write a letter to someone who hurt you. Tell them exactly how you felt. Then forgive them.

Journal

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

Journal	
	_
y -	

What are 5 of your worse habits? How do they impact your life?

Journal

Some of my victories today were:

ga	urual
	



When things are tough, I will remember...

Journal

If I could change anything about myself, I would...

Journal	
-12:	

My biggest accomplishments are/were:

Journal

Today I am grateful for...

Journal

What is holding me back from being better and doing better?

Journal

What habit would you like to break?

Journal	
-f3:	



Describe a perfect day.

Journal

Write yourself a letter of forgiveness.

Journal

Why do you deserve a better life?

Journal

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

Journal

What is some advice that you want to give your best friend?

Journal



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

Journal



What do you love most about your significant other?

If you don't have one, what traits are you looking for?

	Journal	
		,
•		

What did you do today that you are proud of?

Journal	

Write a letter to your ex and forgive them.(or forgive yourself)

	Journal
	-f2:
	
National Control of the Control of t	
	
-	

Who are your 3 most favorite people? Why are they your favorite?

Journal	

Name one challenge that you overcame. How did you do it?

Journal

Who helped you today?

Journal

What do you love about your body?

Journal	

Who is your favorite artist, musician or author?

Journal	
	-

What was the best gift that you ever received?

Journal	
	_
	_
	_

What risk did you take that you are thankful for?

Journal

Who makes you feel safe?

Journal	
	•
	=

What do you like most about your job/school?

Journal	
	_

Describe your perfect vacation.

Journal

Where will you be a year from now?

Journal

Where will you be 5 years from now?

Journal

What do you need to do different in order for you to reach your goals?

Journal

Who motivates you to do better? How do they motivate you?

Journal



How do you stay motivated? How do you hold yourself accountable? How do you reward yourself when you complete a task?

Journal

If you could have any super power what would it be and why?

Journal	

What is one of your skills that you would like to teach others?

Journal	
	+
	_
	-
	

What is your number one priority today?

Journal	
	



What are you grateful for today?

Journal	

What song brings you a happy memory? Describe the memory

Journal



What does self-love mean to you?

Journal

What does self-care mean to you?

Journal



What song is the soundtrack of your past? Your present? Your future?

Journal

What is your favorite meal?

Journal

What makes you feel peaceful?

Journal	
	-
	-
	=

What are some of the things that you would like to be known for?

Journal

What are some of the wildest things that you would like to try?

Journal



What was your dream job as a child? What is your dream job now?

Journal

What is standing in the way of you accomplishing your dreams?

Journal

Here is I million dollars. You can only spend it on yourself. What are you buying?

Journal



What is the most beautiful thing that you have ever seen?

Journal	

Name 20 songs that boost your energy level

Journal	

What movie/book inspired you? Why?

Journal

If you had to pull an all-nighter. What would you be working on?

Journal	



You need to relax. What is your go-to activity?

Journal	

What is your favorite season?

Journal

May bb

What is your favorite holiday?

Journal	





What would be the title of the movie about your life?

Journal	
	-
	=

Who would play you in a movie about your life?

Journal

Describe your life 3 years from now.

Journal		



Describe your perfect mate.

Journal		

What do you have to offer your soulmate? What would you like to change?

Journal		

What lie are your telling yourself?

Journal		

What is one thing people assume about you? Do you want to change that perception? How will you do it?

Journal		

What is something that you wish you would have accomplished?

Journal		

What are you grateful for today?

Journal		

What advice would you give your 16 year old self?

Journal		

If you could talk to anyone, who would it be? What would you say?

Journal		
	717 -172:	
- 2		
-		
2		

How can you rejuvenate your living space?

Journal		
7:		
-2		
	\$	
=		
ACC.		

What is your favorite quote and why?

Journal		

What can you do today to help you reach your goal?

Journal		
2 2		
±		

Who do you admire most?

Journal

You can take 5 famous people to dinner. Who are you taking and why?

	Journal	
		
48-2		
-		



Do you have people in your inner circle who inspire you to be better?

Name them and explain how they inspire you.

Journal

What are you grateful for?

Journal

In what ways are you a leader?

Journal	

What makes you quirky?

Journal	
	=
	=
	_
	=



What makes you smile?

Journal

What do you love most about yourself?

Journal



List ways that you can reward yourself when you have done something great, accomplished a goal, followed through with a task, etc.

Journal	



How can you be your own advocate? How can you make sure that you honor yourself?

Journal	

Write a letter to your future self. Date it one year from today.

Did you reach your goals?
What have you accomplished?
What lessons have you learned?
Where do you live?
What is your personal life like?
How is your career?
Do you have a self-care regimen?
Are you happy?
Are you successful?

Thank you for taking this journey with me



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