

NIGHTLY JOURNAL

checklist

Get the most out of Journaling

- What happened today?
- How was I feeling before it happened?
- How did I feel after it happened?
- Why did I feel that way?
- Am I allowing myself to feel my emotions or stuffing them down?
- Is this connected to a trigger? A trauma? A fear? My past? An insecurity?
- How did I respond?
- Could I have responded better/different?
- What does my response/reaction show or teach me?
- What could I put into place to help myself succeed/heal/grow in this area?
- How will I commit to this change? What plan could I put into place?
- What specific actions could I take today to grow at least 1% better in this area? (goal is to consistently grow/get better at least 1% daily = exponential growth over time)
- What issues or roadblocks could hinder my success?
- How can I prepare or plan for those roadblocks or issues?
- What boundaries may I be lacking or needing to better enforce?