

Journal Challenge

- A journal is like an extension of your brain, it allows you to record, refine and develop your ideas. It also gives you an outlet to vent and an opportunity to better understand your thoughts and emotions.
- Great minds like, Isaac Newton, Thomas Edison and Albert Einstein were all "compulsive" journal keepers! In fact, Thomas Edison was said to have wrote over 3 million pages of notes and personal thoughts throughout his life!
- Take advantage of this powerful tool starting with this 15 day journal challenge
- Use the prompts on the next page, one each day, feel free to write about anything else you want, in addition to your daily prompt.
- For the prompts that are quotes, use the quotes as inspiration for your journal entry.
- There are no limitations to journaling, get creative, explore new ways of thinking, expand your self awareness, strengthen your mind, use your imagination!
- Journal add ons: Random thoughts or emotions, doodles, movies you love, songs, brain dumps, words you like, random facts, poetry, even glue or tape pictures or movie stubs in your journal.
- Creating a daily habit of journaling is ridiculously beneficial to your well-being! When it comes to your mental, emotional and intellectual health, there is no better form of self care.

Enjoy



Journal Prompts

1. Write about you. What do you love about yourself? What accomplishments are you most proud of? Who are you? What are you like?
2. Think about the last time you failed or made a mistake, what did you learn from it? How can you use this information to do better?
3. "Regardless of who you are or what you have been, you can be what you want to be." -W. Clement Stone
4. If you were a mentor to yourself ten years ago, what advice would you give yourself?
5. Explain something interesting you learned recently.
6. What is your number one priority right now? What should your number one priority be? If the two answers are different, why?
7. Describe your perfect day.
8. What is your favorite season? Why? What do you enjoy doing during this season?
9. "People often say that this or that person has not yet found himself/herself, but the self is not something one finds, it is something one creates." -Thomas Szasz
10. What does complete freedom mean to you?
11. Write 25 words to describe you.
12. What makes you feel happy? Excited? Motivated? Amazed?
13. Imagine you took the trip of your dreams, describe it.
14. "We see things not as they are, but as we are." -H.M. Tomlinson
15. Describe your biggest dream.