



**7-DAY  
Let's Start Small**

**JOURNALING  
WORKBOOK**

**The practice of journaling offers a unique avenue for self-reflection and personal growth. Exploring the challenges and benefits of journaling can provide valuable insights for anyone seeking a tool for self-discovery and mental well-being. Sometimes, you just need a little direction on where to begin. I crafted this 7-day workbook with simple and easy steps, to give you the initial push you need to get going.**

**So Get Going!**

# What does success look like to you?

I'll go first! Success, to me, is the harmonious blend of personal and spiritual fulfillment, meaningful connections, and continuous growth. It's about achieving goals while staying true to one's morals and values and contributing positively to the world. What steps are you taking to achieve your success?

**What does success look like to you? What steps are you taking to achieve your success?**

# Journaling is a self-help tool.

Journaling offers you a structured way to reflect on your thoughts, emotions, and experiences. It can promote self-awareness, clarity, and stress relief, providing a means for personal growth and understanding.

# Physically writing down your thoughts helps you clarify what you want.

It also helps you to uplift your mood, keep track of your success, practice positive self-talk, and work through ways to manage your emotions.

**Follow these tips  
to build a daily  
journaling habit...**



# 1. Start with two minutes.

If you're having trouble setting aside time to journal, start with two minutes. Literally! Often times, when you think of writing, the idea of sitting for a long period going through your thoughts can be daunting. Pull out your notebook and write for two minutes. If, after two minutes, you feel inspired to keep writing, then keep writing.



## 2. Build up over time.

Over time, set aside more time (at least 5-10 minutes) for your daily journal practice. This way, you give yourself time to answer the journal prompts thoughtfully and work towards your success. Remember, it's not a race!

### **3. Consistency is Key**

Whether you journal in the morning or evening is less important. What's more important is to set aside a consistent period during the day where you commit to pulling out your journal.

## 4. Practice self-compassion.

It's okay if you forget to journal one day! Give yourself some grace. At the same time, be cognizant that sometimes we avoid the things we need most.

## 5. Don't strive for perfection, strive for progress

Journal police do not exist! Choose a comfortable place, and write freely without worrying about perfection. Focus on your thoughts, emotions, and experiences not grammar, quantity and self-judgment.

# Daily Challenge

Over the next 7 days of journaling, I want you to consider you. Reassess what you put your time into each day. Make a commitment to yourself and write it down. Finish the sentence:

Today I will:

Today I will no longer:

Today I learned:

**Motivation is What Gets  
You Started. Habit is  
What Keeps You Going.  
-Jim Ryun**

Use these weekly journal prompts to  
guide you to success...















# 4. Thankful Thursday

Grateful people are more likely to take care of themselves, make healthier choices, and

- **WRITE DOWN 5 THINGS YOU ARE GRATEFUL FOR. BE AS SPECIFIC AS POSSIBLE.**
- **HOW HAVE THOSE THINGS IMPACTED YOUR LIFE?**
- **IF THOSE THINGS INCLUDE ANOTHER PERSON, DO YOU SHOW UP FOR THEM AS THEY HAVE FOR YOU?**
- **WHAT COULD YOU DO DIFFERENTLY?**



*Denise*



# 5. Friday Review

Review the past week.

- **WHAT HAVE YOU ACCOMPLISHED? WRITE DOWN THREE THINGS YOU HAVE ACCOMPLISHED THIS WEEK.**
  
- **HOW DO YOU FEEL ABOUT THESE ACCOMPLISHMENTS?**
  
- **DIDN'T ACCOMPLISH WHAT YOU WANTED? HOW CAN YOU GET CLOSER TO YOUR GOALS NEXT WEEK. WHAT TASKS CAN YOU SCHEDULE THAT WILL ENABLE YOU TO DO THIS?**









# 7. Sunday Intention

Journal about your goals.

- **WHAT IS YOUR INTENTION FOR THIS NEXT WEEK?**
  
- **WHAT GOALS DO YOU WANT TO SET FOR THE WEEK?**
  
- **WHAT DOES “SUCCESS” LOOK LIKE FOR YOU THIS WEEK?**
  
- **WHAT ARE YOUR PRIORITIES THIS WEEK?**



**Journaling can be a meaningful way to understand yourself, your goals, and the best way you can achieve them.**

**Use these prompts as tools to help you check in with yourself, set intentions, and grow.**

Each week, make a copy of this worksheet and fill it in.

See how journaling can be an incredible tool to help you turn your dreams into reality!



“Write the vision; make it plain on tablets, so he may run who reads it.” Habakkuk 2:2 ESV

So often, we end the scripture at, “write the vision, make it plain”. But, if you keep reading, the scripture says, “so he may RUN who reads it”.

The vision isn't just for you. Write, for the one who will read it. Write, for the one that needs to hear how you got through it. Write, for the one that needs to hear they aren't alone. And write, to give someone else the push to write too.

I pray this journal serves as symbol of encouragement. To enable you to ask yourself those questions that your afraid to answer. I pray that your vision be aligned with Gods will and all that you set out to do, you shall accomplish.

Peace, Love & Blessings  
Denise Marie

