

JOURNALING



FOR SELF DISCOVERY
& PERSONAL GROWTH

LIVELY LIFESTYLES PSYCHOLOGY

JOURNALING PROMPTS

How are you feeling today? Rate your mood out of 10.

Was there something that happened which you felt good about? Why?

Was there something that happened which you felt bad about? Why?

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Describe who you want to be within the next 1-2 years. What qualities or characteristic might you possess?

Did you achieve the goals you set out for yourself today? Why or why not?

What parts of your daily life need to change for you to achieve your goals?

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What things do you need to make more time for? How can you do this?

List three things that you want to add to your daily routine. How can you incorporate them successfully in your routine? Is there anything you would like to remove from your routine?

What's one thing I can do tomorrow to ensure I stay focussed on my personal development goals?
