

7-DAY JOURNALING WORKBOOK

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NOTE FROM HEATHER O'CONNOR:

When I first started journaling, I used to treat it like my 13-year-old self's diary. However, the more I learned about journaling, I realized I was doing it wrong.

A journal isn't necessarily meant to be your memoir, it's a tool meant to help push you in the way that you think.


Why do you need to do that? Well, because the way you think brought you to your current place in life. If you want your future to be any different than your present, you need to change the way you think about things in order to get there. A journal assists in that journey.

Change your thoughts and you can completely change your life.




What does success look like to you?

Sometimes figuring out what your goals are can be the hardest part. Once you have a goal though (no matter how small or how large), mapping out the steps to achieve that goal will bring you success. When you journal, you get your thoughts, feelings, and goals out of your head and onto paper. That's the first step toward making dreams become a reality.

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Journaling is a tool frequently championed by mental health professionals and people who have found success.

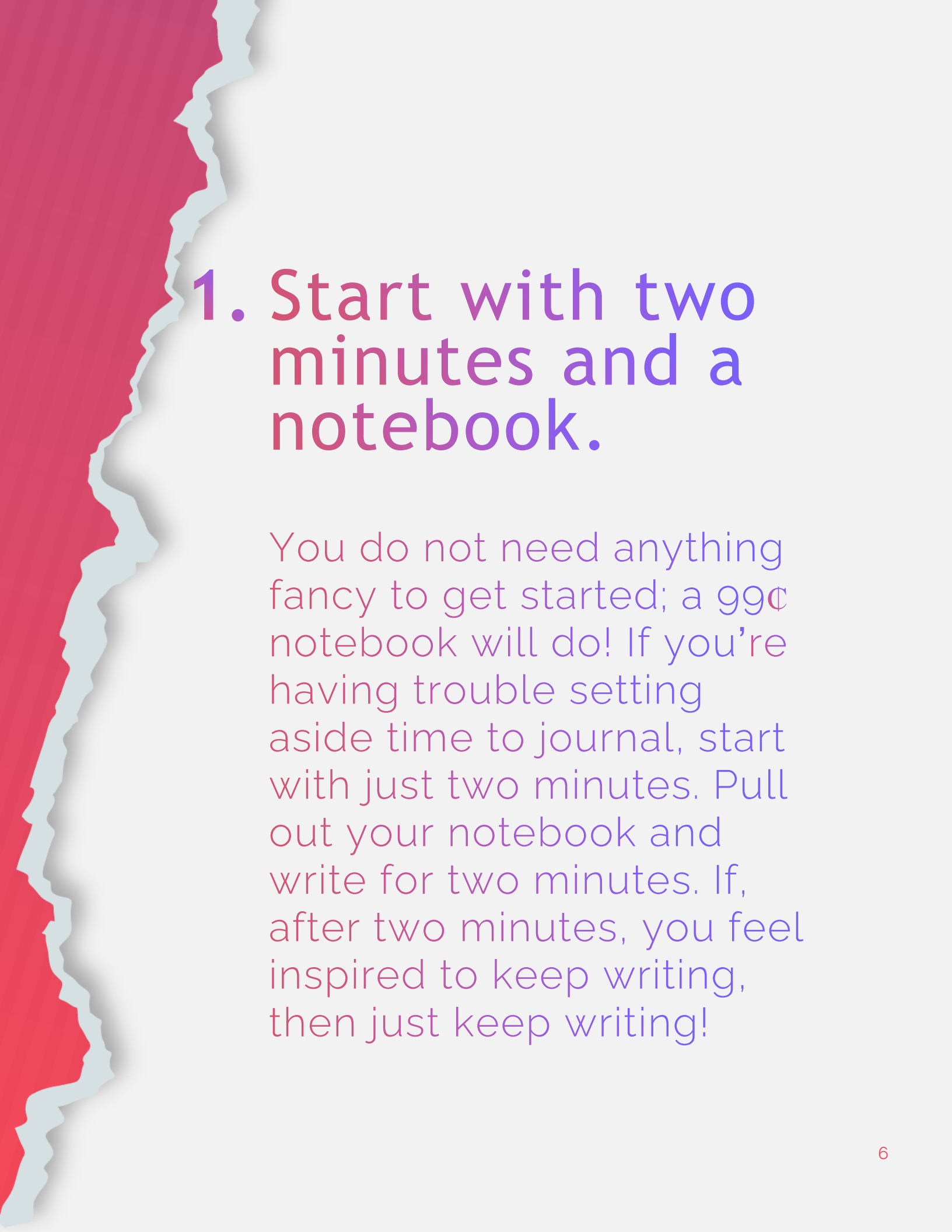
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Physically writing
down your thoughts
helps you clarify what
you want to achieve.

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...



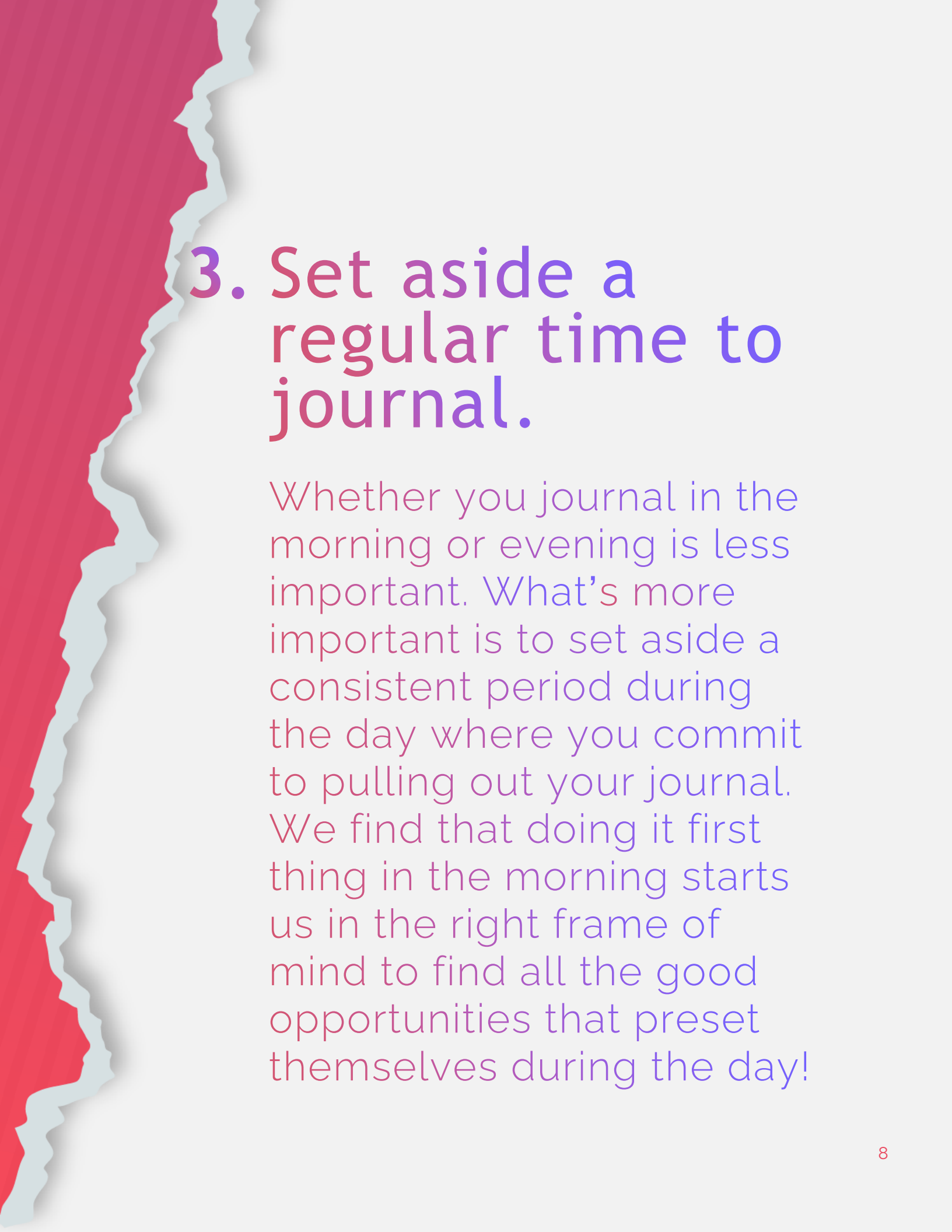
1. Start with two minutes and a notebook.

You do not need anything fancy to get started; a 99¢ notebook will do! If you're having trouble setting aside time to journal, start with just two minutes. Pull out your notebook and write for two minutes. If, after two minutes, you feel inspired to keep writing, then just keep writing!



2. Build up over time.

The more you journal, the more your mind's creativity will start to flow and the easier writing will be. As you go, set aside more time (at least 5-10 minutes) for your daily journal practice. One problem we've had with journaling is actually writing too MUCH! We've resolved this by using bullet-points for main ideas.



3. Set aside a regular time to journal.

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. We find that doing it first thing in the morning starts us in the right frame of mind to find all the good opportunities that preset themselves during the day!



4. Practice self-compassion.

It's okay if you forget to journal one day! Forgive yourself if you miss one day of journaling. At the same time, be cognizant that sometimes we avoid the things we need most. The key to change is consistency and creating new habits.

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5. Keep your journal with you.

Carry your journal with you so you can easily grab it when you want to write down something.

Sometimes inspiration hits at the oddest moments!



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

1. Monday Motivation.

Journal about your motivations and goals.

- WHAT ARE YOU PASSIONATE ABOUT?

- WHAT IS YOUR "WHY" BEHIND THAT PASSION?

- WHAT DOES YOUR LIFE LOOK LIKE WHEN YOU ARE AT YOUR HAPPIEST?

4. Thankful Thursday

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

- WRITE DOWN 5 THINGS YOU ARE GRATEFUL FOR. BE AS SPECIFIC AS POSSIBLE.

5. Friday Review

Review the past week.

- WRITE DOWN THREE THINGS YOU HAVE ACCOMPLISHED THIS WEEK.

- HOW DO YOU FEEL ABOUT THESE ACCOMPLISHMENTS?

- YOU CAN ALSO JOURNAL ABOUT HOW YOU WANT TO GET CLOSER TO YOUR GOALS NEXT WEEK. WHAT TASKS CAN YOU SCHEDULE THAT WILL ENABLE YOU TO DO THIS?

6. Saturday Story

Journal about your stories.

- WHAT IS SOMETHING YOU HAVE STRUGGLED WITH LATELY?

- IS THERE ANYTHING YOU ARE DOING THAT IS PREVENTING YOU FROM BEING ABLE TO OVERCOME WHAT YOU ARE STRUGGLING WITH?

- IF THERE IS, HOW CAN YOU MAKE A CHANGE IN YOUR BEHAVIOR OR YOUR THOUGHTS TO HELP YOU OVERCOME THIS STRUGGLE?

7. Sunday Intention

Journal about your next action step.

- WHAT IS ONE THING YOU WOULD LIKE TO SEE CHANGE NEXT WEEK?

- WHAT ARE THREE THINGS YOU CAN DO TO ENSURE THAT CHANGE WILL TAKE PLACE?

- HOW WILL YOU FEEL WHEN YOU SUCCEED IN MAKING THIS CHANGE BY THE END OF THE WEEK?

- HOW WILL YOU OVERCOME ANY CHALLENGES THAT MAY ARISE THAT COULD KEEP YOU FROM MAKING THIS ONE CHANGE?

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

It is a way to organize your thoughts and ideas, and doing so, can also help manage any stress or anxiety you have in your life.

Come up with more ideas on what to journal about with the goal to continuously push yourself, set intentions, and learn about your underlying beliefs, tendencies, and habits so you can grow and create substantial change in your life.

Here's a few more to get you started:

- Is there anyone or anything in your life holding you back?
- What is an area of your life you want to improve?
- What do you want people to remember you for?
- What are ways you can express more gratitude?
- Do you believe that a good life causes people to be happy or that happy people have good lives?
- What are the three best characteristics people can have?
- What are you most proud of so far in your life?
- What things help you feel more relaxed?
- What is a belief you have that you think might be holding you back in achieving your goals?
- Do you believe you are most like the five people in life you hang around with the most? Who are you hanging around with and how do they influence you?