

Ultimate Journaling

A 60 QUESTION JOURNALING GUIDE

Self-improvement

Working through the process of becoming aware of what needs improving, trying out ideas on the page, and making them part of your lifestyle

Goal setting

Looking at the future and making a decision to set a goal that matches your values and purpose

Reflective

Letting your mind wander and your pen follow

Processing

Putting an event down on paper so it doesn't stay on your mind

Reinforcing Learning

Processing something you read, heard, or realized in your day

Pictures

Draw a picture on the page to accompany your thoughts and feelings



My Personal Almanac

Why should I regularly write down my thoughts?

It moves self-talk from your head to an outside source

It takes control of 'when' you process things

It helps you shift emotions by identifying them, experiencing them and letting them go

It clarifies your thoughts, plans, goals and purpose

It reminds you of what is good in your life

It helps you track your progress; we improve what we measure

It consolidates your growth and what you know



Better Yourself 365
Empowering change that matters

My Personal Almanac

15 Questions and Statements about **Goals, Habits and Purpose**

What 5 things do I do every day that is good for me?

What are the first 3 things I do when I wake up? Are they the right things?

What are my top 3 non-negotiable values?

What are my 10 rules of life?

What do I value most in my life?

What is the biggest thing coming up for me in the next month? How can I prepare for it?

What is my purpose on earth?

What are my keystone daily habits?

What are two of my biggest 'wins' this past month?

What would change in my life if I lived according to my values?

What are my top 5 goals in life?

What goals do I want to reach today (this week, in a year, in 3 years, 5 years, 10 years)?

If I reach my goals this year, what will my life look like?

Where am I making progress in my life?

Am I living the life I hoped I would? Add a little bit of body text



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My Personal Almanac

15 Questions and Statements about **Areas of Possible Improvement**

What is one thing, if I did it repeatedly over the next 3 months, would greatly improve my life?

One area in my life in which I need to take more risks is....

What is the most common trigger for the habit I want to change?

What's one piece missing in my life that I needs attention?

How can I bring more intentionality into my days?

In thinking about a recent 'success', what did it feel like? How can I replicate that?

Am I living the lifestyle I want to live?

What sorts of things knock me off my game at work?

How can I bring more joy into my life?

The 20/80 Rule - Which small number of my actions/beliefs cause me most of my unhappiness?

What can I learn from the person I dislike the most?

What is my major malfunction right now and how do I improve it?

What things am I afraid to do? Which one would be easiest to start doing? What would that look like?

How do I distract myself from focusing on the things that matter?

How present am I with the people I love the most?



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15 Questions and Statements about What is Going Right

Use one bad news story and find the silver lining.

My 'safe' place in my home/apartment is ___ because ____.

One thing I know for sure that I do right is ____.

What I love most about my body is ____.

My favourite part of my day is ___ because ____.

What is a simple pleasure in my life that I am grateful for?

What's one thing I've done in my life that I am proud of?

What are 3 good things that happened to me recently?

What can I do today to make someone feel good?

What is going right in my body right now?

What is the biggest accomplishment in my personal life?

What is my happiest childhood memory? Why this one?

What things make me smile the most?

Who, other than me, makes my life better? Why?

What can I do to appreciate all that I have more than I do now?



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My Personal Almanac

15 Questions and Statements about **Deconstructing How I Tick**

- I am someone who ____ every day.
- What story do I portray to the world about who I am?
- What story do I recite to myself that is in my way?
- What are people not seeing when I only show them the tip of the iceberg?
- What would happen if I didn't mind what would happen?
- Do I want to leave a legacy? How do I want to leave my mark?
- What are my current sources of pain and how can I diminish them?
- What cycle do I want to get out of? What cycle do I want to start?
- In which environments am I at my natural best?
- What is my ritual for 'unblending' after work so I can be present at home?
- Who am I blaming for my current circumstances?
- What worries keep me up at night?
- Which parts of my 'shadow' need attention?
- What is my true self? Do I show it enough to the world? If not, how?
- What hurts am I carrying around that need to be let go?



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