**Journaling Ideas, Prompts, and Questions**

Here are some of the ideas, prompts, and questions that I consider during my journaling periods:

**Developing Yearly Outcomes or Goals:**

Q: What do I want to focus on this year, this month, this week?

* Write summary statement about how this focus/principle would fit in or affect the coming year.
* Ask and answer “why” 5 times. Why do I want to focus on this?
* What do I want or need to do to make this happen? Answer by brainstorming a list.
* List the things I want to accomplish this month.
* List the things I want to accomplish this week.

**Developing Daily To-Do Agenda Items**

* What am I going to do today?
	+ Why?
	+ How?
	+ How will I know when I am done?
* How did my morning ritual go? What adjustments do I need to make?
* Is there a chance that something may push my buttons today? What can I do to be proactive instead?

**Life Lessons Journaling**

* What did I accomplish?
	+ What did I do?
	+ What did I do well?
	+ What did I do not so well?
	+ How could I improve?
* What steps did I take on my projects?
* What did I learn?
* What am I grateful for?
* What am I 100% committed to accomplish tomorrow?

**Strategy Journaling Questions (DON’T QUIT!)**

* What’s not working?
* What are the barriers (stumbling blocks, rocks, things, circumstances, people)?
* What are 10 ideas that I could try?

**End of Day Reflection Questions**

* What events occurred during the day?
* What did I do or not? Review outcomes set in the morning against the day’s events.
* What did I do to create that situation?
* What did I enjoy today?
* What did I do really well today?
* What did I improve upon?
* What did I learn?
* How can I do things better tomorrow?
* What is one thing I did well and one thing I didn’t? How did I create those situations?
* What value did I give away today?
* Was there something that happened to push my buttons?
* What strategy or choice can I make instead for the next time if it should happen again?
	+ Some thought I can have
	+ Something I can do
	+ Something I can say (or perhaps not say)
* What bad habit have I put right today?
* How am I better?
* Which fault did I take a stand against?
* What do I need to do if I want to be the best version of myself?

**Addressing Focus Issues (Manage the tendency to do too many things)**

* What was I focused on?
	+ In the morning?
	+ In the afternoon?
	+ In the evening?
* How much effort or energy did I expend today compared to past days?
* What are 3 new habits I can do today or tomorrow?