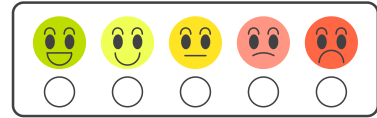




MY JOURNAL

A GUIDE TO LIVING WITH PURPOSE AND INTEGRITY

NAME



Self Assessment

Productivity

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Life Assesement

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I Felt Proud Because...

.....
.....
.....

Something makes me happy today...

.....
.....
.....

Date:

What value do you prioritize the most in your daily life?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings on the paper.

Date:

How do you define integrity, and why is it important to you?

[illegible]

Date:

In what ways do you demonstrate kindness in your interactions with others?

[illegible]

Date:

How has your commitment to honesty shaped your relationships?

[illegible]

Date:

Describe a time when your sense of responsibility influenced a major decision.

[illegible]

Date:

How do you incorporate compassion into your daily routine?

[illegible]

Date:

What role does empathy play in your personal and professional life?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

Date:

How do you express gratitude, and why is it significant to you?

[illegible]

Date:

In what ways do you strive to maintain fairness in your actions and decisions?

[illegible]

Date:

How does your value of loyalty impact your friendships
and family ties?

[illegible]

Date:

Describe how your pursuit of excellence affects your work and hobbies.

[illegible]

Date:

How do you practice humility, and what have you learned from it?

[illegible]

Date:

What does respect mean to you, and how do you show it to others?

[illegible]

Date:

How does courage influence the choices you make?

[illegible]

Date:

In what ways do you prioritize self-discipline in your life?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

How do you balance ambition with contentment?

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Describe a situation where your value of perseverance helped you overcome a challenge.

[illegible]

Date:

How does your sense of justice affect your views on social issues?

[illegible]

Date:

In what ways do you practice mindfulness in your daily activities?

[illegible]

Date:

How do you demonstrate generosity, and what impact does it have?

[illegible]

Date:

Describe how creativity influences your problem-solving approach.

[illegible]

Date:

What does it mean to you to live an authentic life?

[illegible]

Date:

How do you incorporate open-mindedness into your interactions with others?

[illegible]

Date:

In what ways does your value of accountability shape your actions?

[illegible]

Date:

How do you practice patience, and why is it important to you?

[illegible]

Date:

Describe a time when forgiveness played a key role in resolving a conflict.

[illegible]

Date:

How does your value of independence guide your decisions and lifestyle?

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

What does family mean to you, and how do you prioritize it?

[illegible]

Date:

How do you express love, and why is it a core value for you?

[illegible]

Date:

Describe how your sense of adventure influences your choices and experiences.

[illegible]

Date:

How do you integrate continuous learning into your life?

[illegible]

Date:

In what ways does your value of sustainability impact your daily habits?

[illegible]

Date:

How do you practice self-care, and why is it important to you?

[illegible]

Date:

Describe how your value of community involvement shapes your activities.

[illegible]

Date:

How does your commitment to diversity and inclusion manifest in your actions?

[illegible]

Date:

What does it mean to you to live a balanced life?

[illegible]

Date:

How do you handle conflicts in a way that aligns with your core values?

[illegible]

Date:

In what ways do you seek to inspire others through your values?

[illegible]

Date:

How do you maintain a positive attitude, even in difficult times?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Describe a time when your value of resilience helped you bounce back from adversity.

[illegible]

Date:

How do you practice ethical behavior in your professional life?

[illegible]

Date:

In what ways do you cultivate trust in your relationships?

[illegible]

Date:

How does your value of authenticity guide your interactions with others?

[illegible]

Date:

What does it mean to you to be a good citizen, and how do you practice it?

[illegible]

Date:

How do you incorporate spiritual growth into your life?

[illegible]

Date:

In what ways do you strive to make a positive impact on the world?

[illegible]

Date:

How does your value of innovation influence your approach to challenges?

[illegible]

Date:

Describe how your value of collaboration shapes your teamwork dynamics.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

How do you practice gratitude, and what benefits have you experienced from it?

[illegible]

Date:

In what ways do you seek to understand different perspectives and cultures?

[illegible]

Date:

How does your commitment to self-improvement guide your personal growth?

[illegible]

Date:

What does it mean to you to live a purposeful life?

[illegible]

Date:

How do you balance your personal and professional goals with your core values?

[illegible]

Date:

In what ways do you advocate for causes you believe in?

[illegible]

Date:

How do you maintain integrity when faced with ethical dilemmas?

[illegible]

Date:

Describe how your value of humility affects your leadership style.

[illegible]

Date:

How do you demonstrate respect for others' opinions, even when you disagree?

[illegible]

Date:

In what ways do you prioritize mental health and well-being?

[illegible]

Date:

How does your value of kindness influence your actions towards strangers?

[illegible]

Date:

What legacy do you hope to leave, and how do your values shape that vision?

[illegible]