

MY JOURNAL

NAME

5 MINUTE JOU	RNALING
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TOP PRIORITIES	REMINDER
•	TOMORROW
• A Walle	ame.con

Date:	
What are three things I truly love about myself?	
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DATE: -----

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7	FOP PRIORITIES	REMINDER
7	TO DO	
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Date:	_
When do I feel most at peace?	
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What are my core values, and why are they important to me?	
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Who inspires me and why?	
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What is one decision I made that I'm proud of?	
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What activities make me lose track of time?	
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How do I define success for myself?	
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What fears hold me back, and how can I overcome them?	
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What does my ideal day look like?	
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How do I want to be remembered?	
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What are three things I've always wanted to try but haven't yet?	
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How do I show love to others, and how do I like to rec	reive love?	
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What role does gratitude play in my life?	
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What negative beliefs about myself am I ready to let go of?	
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How do I react to failure, and what can I learn from it?	
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What does my inner voice often tell me?	
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What are three moments in my life that shaped who I am today?	
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How do I feel when I'm alone, and what does that reveal about me?	
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Who am I when no one else is watching?	
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What relationships bring me the most joy and why?	
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What makes me feel most alive?	
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If I had no fear of judgment or failure, what would I do?	
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What habits or routines bring out the best in me?	
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n I do to adapt better?
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What do I need to forgive myself for?	
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When do I feel most confident?	
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What is something I can do today to be more aligned with my true self?	
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How do I define happiness?	
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What is one thing I've outgrown, and why?	
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What is my greatest strength, and how can I use it to serve others?	
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