31-day guided motivational

Journal for Change

CoachJanMarie.com

Journaling shifts the way you look at your behaviors and impacts how you move through your days. The act of putting deep thoughts and feelings onto paper is revolutionary and bold. But sometimes the thought of facing a blank white page is daunting. Instead of being a restorative act, journaling can start to feel like an assignment that you´d rather run from and avoid.

That´s where guided motivational journaling comes in!

Guided journals erase that anxiety by providing meaningful writing prompts that you can respond to. No more staring at a blank page!

So, grab a pen, find a quiet corner and begin exploring.

Reflection and awareness are powerful tools when it comes to better understanding who you are, what that is and where you want to go from here. Use the questions in this journal to nudge, encourage and inspire you!

There´s an amazing adventure ahead, if you´re willing to look deep inside.

Happy journaling! 💙

Coach JanMarie.

What you are aware of you are in control of; what you are not aware of is in control of you.

~ Anthony de Mello

Write about something that makes you smile, no matter what...

DATE _____

Write about what it is you really appreciate about your life...

DATE _____

Write about what makes you feel powerful...

DATE _____

How do you calm your nerves in a difficult situation?

DATE _____

Write about what makes you feel truly joyful...

DATE _____

What's a choice you can make today based on your needs?

DATE _____

What helps you slow down and feel more present?

DATE _____

What's a goal you want to accomplish and why?

DATE _____

How do you stay focused and steer clear of distractions?

DATE _____

How do you practice self-love and self-kindness?

DATE _____

How do you set and protect your boundaries?

DATE _____

How can you step outside your comfort zone to grow?

DATE _____

Who or what in your life are you happy to have let go of?

DATE _____

Describe your favorite mundane moment of the day.

DATE _____

Where is your "happy place"? Describe it.

DATE _____

What do you deeply enjoy doing alone? Why is that?

DATE _____

How have you grown in the past year?

DATE _____

If you knew you wouldn't fail, what would you do?

DATE _____

What are your plans for going after what your heart wants most?

DATE _____

What is something that makes you uncomfortable in a good way? How could you do more of that?

DATE _____

Where are you giving something that you don't actually want to give?

DATE _____

What is the one thing you need to focus on now, that'll make everything else better in the future?

DATE _____

What do you need to stop doing?

DATE _____

What question are you grappling with right now?

DATE _____

What do you value most in your life?

DATE _____

When did you last boldly take action? What pushed you forward?

DATE _____

How do you want to grow? What do you want to experience? What do you want to contribute?

DATE _____

Choose an affirmation that feels right for the day and write it 10x while saying it out loud to get it in your head.

DATE _____

If you could only accomplish three things today, what would be the most important items on your to-do list?

(setting priorities is a great thing to practice every day!)

DATE _____

What are the little things that make you happy?

DATE _____

What really needs to change in your life and what's one thing you can do today to begin making that happen?

DATE _____