



# TRANSFORMATIONAL JOURNALING

*with Christa Potter*

09



# WEEK 9 - INTROSPECTIVE JOURNALING



01



# JOURNALING FOR GOAL SETTING



PREVIEW



## IN THIS LESSON, YOU'LL DISCOVER:

- ▷ What journaling for goal setting is.
- ▷ How it can help you set better goals.
- ▷ How it can help you go beyond setting goals to achieving goals.
- ▷ How it helps overcome common goal setting and achieving obstacles.



# WHAT JOURNALING FOR GOAL SETTING IS

- ▶ Start doing the work to turn fantasies into reality.
- ▶ Helps you decipher between whims and true desires and goals.
- ▶ Helps you get clear on what fits into your big picture goals.
- ▶ Helps you decipher between what honours your true goals and values and what is just distractions.





# GOAL SETTING STATS

- ▷ Only 14% of the population sets goals. That 14% is 10x more successful than the 86% who don't.
- ▷ Only 3% out of that 14% actually put their goals on paper. That 3% of the population is 30x more successful than the 86% of the population who doesn't set goals.
- ▷ Don't you want to be part of that 3%?





*their goals aren't  
specific enough*



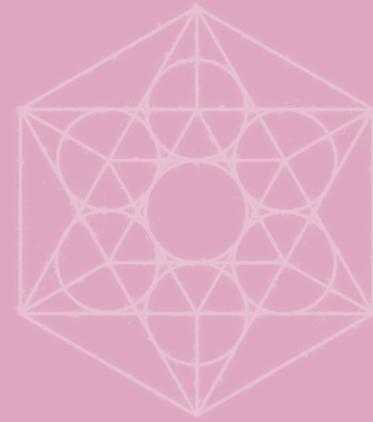
- ▷ Journaling on your goals goes beyond just writing down your goals.
- ▷ You get really specific and clear on what you really want.
- ▷ You overcome the doubts that are holding you back from achieving your goals.
- ▷ You figure out the real action steps needed to succeed.





- ▷ Journaling on your goals keeps you motivated.
- ▷ Helps you stay focused and see progress.
- ▷ Helps you overcome fear of failure.
- ▷ Ensures you are learning and gaining clarity as you progress towards your goals.





“Failure is only the opportunity to begin again,  
only this time more wisely.”

**HENRY FORD**



*Get clear on your WHY and live in alignment with your true purpose and values.*



# HOW TO JOURNAL FOR GOAL SETTING

- ▷ Ensure they are your goals, not someone else's. Ditch the “shoulds”.
- ▷ Create and action plan.
- ▷ Don't rule out goals just because you're afraid of them.
- ▷ Journal on obstacles, lessons, and opportunities Don't let them go to waste.
- ▷ Get visual.



JOURNAL!



## JOURNAL PROMPTS

- ▲ What would you do if you knew you could not fail?



JOURNAL!



## JOURNAL PROMPTS

- ▲ What would you do differently if you embraced the unknown, rather than resisting it?



JOURNAL!



## JOURNAL PROMPTS

- ▲ List 10 things that you want to happen in the next year.



JOURNAL!



## JOURNAL PROMPTS

- ▲ What is your top goal? Why is this goal important to you?



JOURNAL!



## JOURNAL PROMPTS

- ▲ If you could become an expert in any subject or activity, what would it be?



JOURNAL!



## JOURNAL PROMPTS

- ▲ Is it time to let go of a fantasy that's been keeping you from living and enjoying your actual life?



JOURNAL!



## JOURNAL PROMPTS

- ▲ Have you given up on your ambitions out of disillusionment?



JOURNAL!



## JOURNAL PROMPTS

- ▲ If you weren't afraid to expand, what might you expand into?



JOURNAL!



## JOURNAL PROMPTS

- ▲ How would you like to be remembered when you're gone? You could write this as an obituary or eulogy.



JOURNAL!



# JOURNAL PROMPTS

▲ What does your dream day look like?





**YOU DID IT!**

What is your biggest takeaway from this lesson?



PREVIEW



## IN THE NEXT LESSON, YOU'LL DISCOVER:

- ▷ Journaling for Creativity
- ▷ How to express yourself and support your creativity through journaling.

