

02



WEEK 2 - ESSENTIAL JOURNALING



03



JOURNALING FOR REFLECTION



PREVIEW



IN THIS LESSON, YOU'LL DISCOVER:

- ▷ What journaling for reflection is.
- ▷ How journaling for reflection affects our behaviour and outcomes.
- ▷ How not taking the time to reflect negatively impacts our lives.
- ▷ How it helps optimize your life.
- ▷ How to journal for reflections.





*Reflection means serious thought
or consideration.*



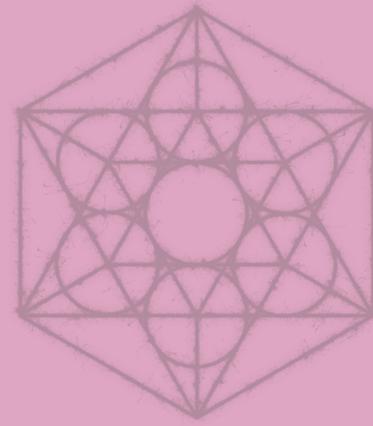


*Your life **DESERVES** serious
thought and consideration!*



- ▷ Powerful tool for growth.
- ▷ Helps you break repeating negative patterns and encourages good ones.
- ▷ Increases and maintains motivation.
- ▷ Increases positivity and confidence.





“We do not learn from experience... we learn from reflecting on experience.”

JOHN DEWEY

LOOK AT YOUR DAY:

- ▷ What went right?
- ▷ Where did you fall off track?
- ▷ What patterns showed up?
- ▷ What have you learned?
- ▷ What do you want to do again? What do you want to change?





Appreciate your
Wins





Learn from your
Mistakes



Live your life
CONSCIOUSLY



FACT

If you aren't reflecting on your life you are basically burying your head in the sand and just hoping something is going to change.

JOURNAL!



JOURNAL PROMPTS

- ▲ How have your actions this past week brought you closer to achieving your goals and dreams?
- ▲ How can you continue that momentum and progress into next week?



JOURNAL!



JOURNAL PROMPTS

- ▲ How have your actions this past week brought you further away from achieving your goals and dreams?
- ▲ How can you use what you've learned about the outcomes of your actions this past week to improve moving forward?



JOURNAL!



JOURNAL PROMPTS

- ▲ Is there anything you did this past week that you wish you'd done differently?
- ▲ How can you grow from what you've learned and make a different choice next time?



JOURNAL!



JOURNAL PROMPTS

- ▲ What wins have you experienced this week, no matter how small?
- ▲ What patterns stood out for you most this past week? Positive and/or self-sabotaging?



JOURNAL!



JOURNAL PROMPTS

- ▲ What new awareness have you learned about yourself?
- ▲ How have your priorities been shifted this past week?





YOU DID IT!

What is your biggest takeaway from this lesson?



PREVIEW



IN THE NEXT MODULE, YOU'LL DISCOVER:

- ▷ Mindset Journaling
- ▷ Manifestation Journaling
- ▷ Journaling for Self-Awareness and Personal Discovery

