



JOURNALING FOR REFLECTION TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING WITH PROMPTS

▷ What You Will Discover

- What a journal prompt is.
- The benefits of using journal prompts.
- How journal prompts improve your journaling experience..
- Resources for journal prompts..

▷ The Definition of Reflection

Reflection means serious thought or consideration.

Your life deserves serious thought and considerations!

▷ Benefits of Journaling for Reflection

Reflection is a powerful tool for growth. If we aren't regularly taking a look at what is working in our lives and what is not, then it is easy to get stuck in a repeating loop of frustration and disappointment. Get out of the pattern of repeating what isn't working and get in the habit of acknowledging your wins and how you made them happen so you can continue to do it again and again.

One of the best (and scientifically proven) ways to stay motivated is to keep track of your progress. Your little wins and your big ones. It's all those little steps you're taking each day that



bring you closer and closer to your goals and dreams manifesting. But if you aren't monitoring the small wins then you can quickly get discouraged. If days, weeks, or months are going by where you aren't seeing the "end" results of all your hard work you may start questioning what the point is. It is so easy to ignore the good that we are experiencing and doing in the world. Don't ignore it. Record it! Small changes and steps implemented every day build into new positive habits which compound to create change. See it happening. Appreciate it happening. Give yourself credit. This increases your positivity and confidence.

"We do not learn from experience... we learn from reflecting on experience."

JOHN DEWEY

▷ How to Journal for Reflection

Take a look at your day. What went right? Where did you fall off track? Are you noticing any patterns? How did you self-sabotage? What can you do tomorrow to turn things around? What have you learned? What worked that you want to implement again tomorrow? What do you want to revisit and rework for the following week?

Take time every day to reflect on how things are going. Appreciate your wins, no matter how small, and also learn from your mistakes and missteps. Not so that you can beat yourself up about it, but instead so you can learn from the experience and adjust your path moving forwards. If we aren't taking the time to reflect and plan then it is easy to ignore the lessons and repeat the same day again and again and find ourselves getting to the end of the week, month, or even year and wonder what happened? Why hasn't anything changed? Why have we veered even farther away from our goals rather than closer?

Journaling for reflection is where we make living our lives a conscious process. It's how we can live with intention. This is the part of journaling where you can incorporate a "day planner" into the journaling process if you'd like. Instead of just keeping track of your task lists and appointments, you can also keep track of your reflections on all that is going on in your life throughout the day.



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. Be accountable and aware of what is happening.

Let's do some reflecting now. Please note you can substitute day/week/month/year in these prompts however you see fit.

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?
- 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?
- Is there anything you did this past week that you wish you'd done differently?
- 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?
- 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?
- What new awareness have you learned about yourself?
- How have your priorities been shifted this past week?



