



JOURNALING FOR REFLECTION WORKSHEET



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



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.

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.

Enjoy!

Christa Potter





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▷ What wins have you experienced this week, no matter how small?

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