

Journal Prompts



Morning Journal:

- Goals for the day
- How do I feel today?
- What will I accomplish today?
- What might stop me today?
- How will I prevent that?
- What are the top 5 things I need to do today?
- What am I grateful for?
- What am I optimistic about (and is it hope-ium or real)?

Evening Journal:

- What goals did I accomplish for today?
- How do I feel now at the end of the day?
- Did I prevent anything from stopping me from being successful today? If not, why not?
- What things can I do tomorrow to be even more productive?
- What things can I do tomorrow to get closer to the sale?
- What am I grateful for now (at the end of the day)?