

SPRING JOURNALING

Questions to get you thinking and challenging you to live a more meaningful, intentional & purposeful life.

SO WHY SET GOALS?

How much time do you waste on the internet? On instagram? On scrolling through random rubbish? Or how much time do you waste living in the past and worrying about the future?

We get so distracted by everything going on around us and forget to take a moment to be here right now and look at what it is that we desire, dream and hope for.

That's why it's important to set aside time to really work out what we want this year. We tend to spend so much of our time focusing on other people - what if we gave even half that time back to ourselves? How much would we grow? How much would we achieve? How inspired would we be? My guess is the sky is the limit...

So as you approach this workbook please make sure you have 40 minutes set aside. (This could take you longer so if it does, take a break for 10 and come back to it for another 40 minutes.)

Turn off your phone, shut down your laptop... find a quiet place with no distractions. If music helps you focus, put your headphones on.

Approach this workbook with a sense of adventure, excitement and passion! Thank you as always for taking the time to be on this journey with me. xxx

FUTURE GOALS THAT YOU ARE GOING TO ACT ON RIGHT NOW!

Write down your 1, 3 and 5 year goals. Have one distinct goal and one bigger goal in each category. When you think of the specific goal make sure it's a SMARTER goal - Specific, Measurable, Achievable, Relevant and Time-bound. For the bigger goal ask yourself "What would I dream of if I knew I could never fail?" Dream Big! Once you have figured out your goals I want you to write down how you want to FEEL in relation to each goal.

1 Year

3 Year

5 Year

WHAT DO YOU NEED TO LET GO OF?

For example, this can be something specific - I need to let go of a relationship that is no longer serving me, or I need to let go of the guilt I feel about....

WHAT DO YOU WANT TO BRING INTO YOUR LIFE?

Again this can be specific - I want to spend more time working on my relationship with my partner by being less defensive or I want to bring kindness and compassion towards myself by allowing myself to rest more often...

HOW EXACTLY ARE YOU GOING TO BRING ABOUT THESE THINGS?

For example, by setting aside an hour each weekend to go on a walk with my partner... finding compassion through meditation...

WHAT ALLOWS YOU TO BE CREATIVE?

Name one or two things that you enjoy that allow you to be creative simply for pure pleasure - not something that is goal orientated but something that just allows you to spend time focusing on yourself simply to find happiness. For me this would be playing the guitar. Then write down how you are going to commit more time to this.

WRITE DOWN THREE INSPIRING BOOKS THAT YOU WOULD LIKE TO READ OVER THE NEXT YEAR....

Book 1.

Book 2.

Book 3.

WRITE DOWN THREE PEOPLE WHO INSPIRE YOU AND WHY...

1.

2.

3.

WHAT ASPECTS OF YOUR PERSONALITY DO YOU LOVE?

Be detailed here - for example, I love that I am patient with my friends as I know that it makes them feel loved and supported, it is also something I really appreciate in other people. I am also patient with myself which makes me feel like I always have my own back.

1.

2.

3.

WHAT CAN I IMPROVE ON?

Please use this as a chance to improve on things like self-love, self-worth, patience, seeing beauty in all that's around you & write down how you can improve. For example, every time I catch myself saying something negative towards myself in my head, I must repeat to myself, "I am always enough" three times.

1.

2.

3.

WRITE DOWN THREE THINGS THAT SCARE YOU, BUT THAT YOU KNOW YOU SHOULD EMBRACE.

For example, for me one thing that scares me is when someone says to me "you could do X" and I think "no I couldn't, I am not ready for that!" I feel really vulnerable, afraid and as if I am being challenged by that person, when actually they are just trying to get the best out of me. I know my pattern is not to believe in myself so the thing that scares me, is listening to others people's hopes and dreams for me. I should embrace their belief in me and use it as a way to motivate myself to leap outside the box....to ultimately believe in myself a little more.

1.

2.

3.

WHAT IS THE REST OF THE YEAR GOING TO LOOK LIKE FOR YOU?

Feel free to go wild here! Maybe you could write down lots of different individual words, or quotes from inspirational people, you could write down your mantra in capital letters or write an essay. Whatever feels right for you, go for it! Make sure you use positive and motivational language.

The
SELF-WORTH
SCHOOL