JOURNALING

Journaling Prompts

- 1. What do you want to do this month? What are 3 goals you have for March? List some action steps you can take to accomplish them?
- 2. List your biggest priorities this month (aside from your goals).
- 3. What is making you happy right now?
- 4. What is your budget for this month?
- 5. What is weighing on your mind right now? What is something you can do to lighten the load?
- 6. Write down 5 affirmations about your career.
- 7. What are you looking for in a dream career?
- 8. How are you trying to advance your career?
- 9. List 10 things you are grateful for recently.
- 10. What feelings are you struggling with right now?
- 11. How are you dealing with uncomfortable emotions?
- 12. How do you deal with conflicts in your life?
- 13. What was a recent kind gesture from a stranger?
- 14. What is something surprising that happened to you recently?
- **15. Mid-Month Review:** How are your goals for this month coming along? What can you accomplish in the remainder of the month?
- 16. What makes you unique?
- 17. Do you often follow trends?
- 18. What trend do you think you started?
- 19. What trend do you wish would come back?
- 20. What trend do you hope never comes back?
- 21. How are you holding on to your youth?
- 22. What makes you feel young?
- 23. What would your own fairy tale life look like?
- 24.Do you believe in anything fantasy-related?



- 25. Do you have more of a positive or negative attitude?
- 26. When do you tend to have more of a negative attitude?
- 27. What kinds of thoughts cause you to spiral into negativity?
- **28. Looking ahead to next month:** What events do you need to prepare for? What are you looking forward to?
- 29. Month in Review: What lessons did you learn this month?
- 30. **Month in Review:** How did this month go? Which goals did you complete? What do you still need to work on?

Bonus Prompts - Manifestation

- When you think of manifesting, what is the first thing that comes to mind?
- Do you have experience with manifesting? What manifestation methods have you tried so far?
- How are your current manifestations different from last year?
- · What are some things you have successfully manifested?
- How have they turned out different than you expected?
- Ask God or the universe for what you want today, then let it go.

Write one sentence about what you want then repeat it 55 times.

Daily Prompt:		

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Affirmations For a Positive Mindset

I attract my desires every day
I have faith in myself and my abilities
Positive energy radiates through me
Everything is working for the greater good
I forgive others for they are on their own path
I surround myself with encouraging & supportive people
I have the strength to face my fears
My dreams are within my grasp
I visualize the life I want to live
I have the power within me to live my best life
I never stop working on myself, for my faith is infinite



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