

JOURNAL PROMPTS

for motivation

Journalling is a great way to evoke mindfulness and self-discovery. It helps clear the clutter that causes overwhelm and can help you map out and reach goals. Use these prompts to garner motivation to move forward in your journey.

1. What are your top 5 tips for making progress towards achieving your goal?
2. Describe how a positive, happy mindset enabled you succeed in achieving your goal.
3. What was the most difficult part of getting started on your goal? What would have made things easier for you?
4. What 3 excuses have you used to put off working on your goal? Why? What should you have done instead?
5. What thoughts and mindset do you need to change to motivate yourself? How?
6. What concerns keep you from taking the first step to go after what you want? What can you do to make you feel more positive and confident?
7. How would being more optimistic help you motivate yourself and others?
8. Do you have difficulty deciding what you want to do? Explain what you think and feel during this process.
9. Would you rather take 100 small steps or 2 large steps to reach your goal? Why?
10. Why is it important to work for what you want rather than just wish for it?