

JOURNAL PROMPTS

for determination

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 become motivated to reach your goals. Write freely and then reflect on your answers.

1. In your experience, what is the price of success? How did you come to this conclusion?
2. What 3 things do you find most enjoyable about making your dreams come true? Why? What 3 things do you find less enjoyable or rewarding? Why?
3. What dream do you regret not attempting? Why?
4. How were you able to build your determination to the point it's at now? Explain.
5. Consider all the obstacles you've faced. Which one was most problematic? How did you overcome it?
6. When you fail to meet a goal as stated, how do you encourage yourself to keep trying? Explain how.
7. Describe two ways you keep your frustration and stress level low as you work through an issue? What tip helps you most?
8. When you considered making a dream come true, what was the most difficult decision you needed to make? Explain.
9. Why is it important to be diligent when working on even small goals? Give 3 reasons.
10. What advice could you offer a newbie about dealing with challenges? Why is that important in the big scheme of things?

