

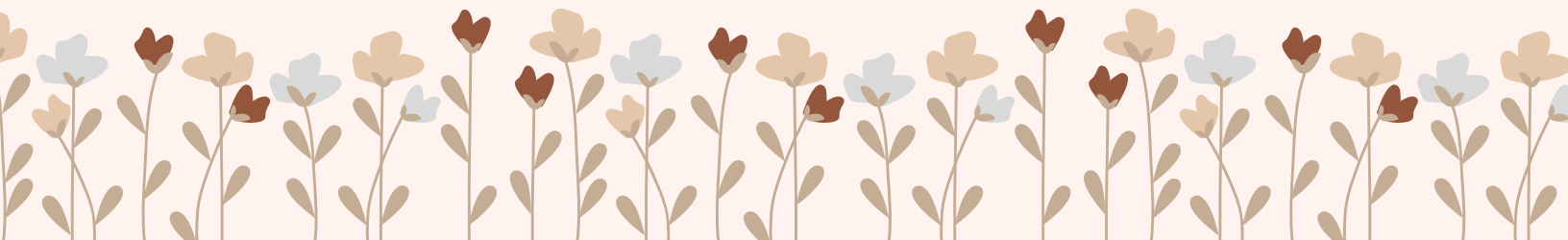


# 7 Day Journaling Workbook

You Take Time to Grow ~ Inspire Yourself

[www.inspiringursuccess.com](http://www.inspiringursuccess.com)

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Purposefully Creating ~ Intentionally Moving



# What Does Success Look Like to You?

What steps are you taking to achieve that success?

This complimentary workbook is laid out to help guide you on your journaling adventure. Journaling is a great tool to help you achieve the success you're reaching for.

I'm here to support you, please email me with any questions you have.

*Karen*

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[inspiringursuccess@gmail.com](mailto:inspiringursuccess@gmail.com)

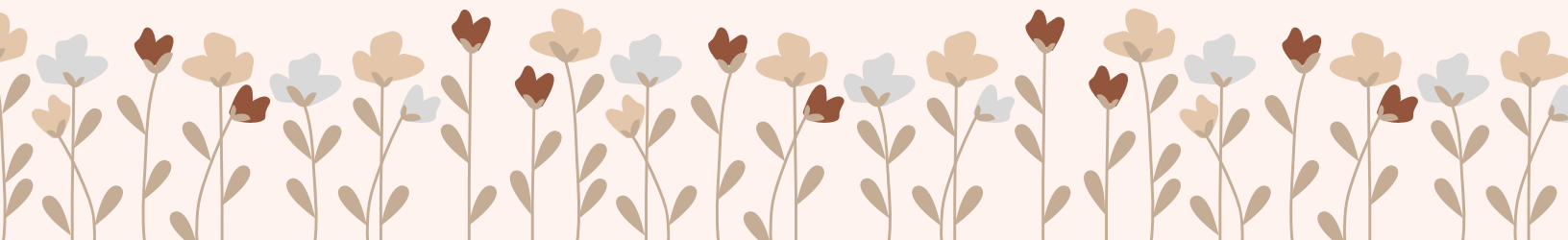


Journaling is a self-help tool frequently championed by mental health professionals.

When you journal, you get your thoughts, feelings, and goals onto paper.

Your perspective towards them shift. New ideas can then emerge.

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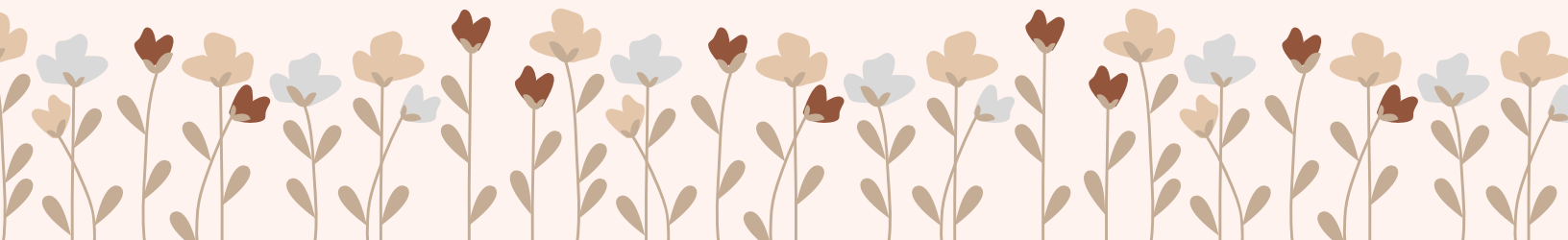


Physically writing down your thoughts helps you clarify what you want.

This act of writing also helps to uplift your mood. You are able to keep track of your success easier. While also practicing positive self-talk.

You will also learn to work through ways to manage your emotions.

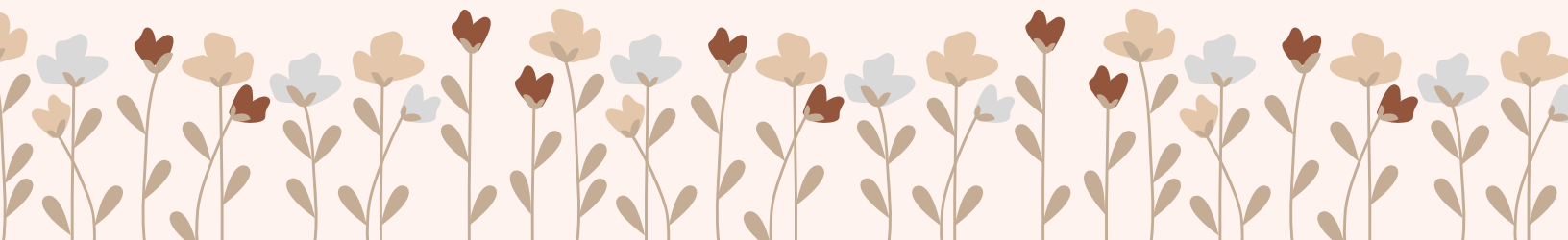
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Follow these tips to build a  
daily journaling habit...

Here are five tips to help you kick  
start your daily journaling  
adventure.

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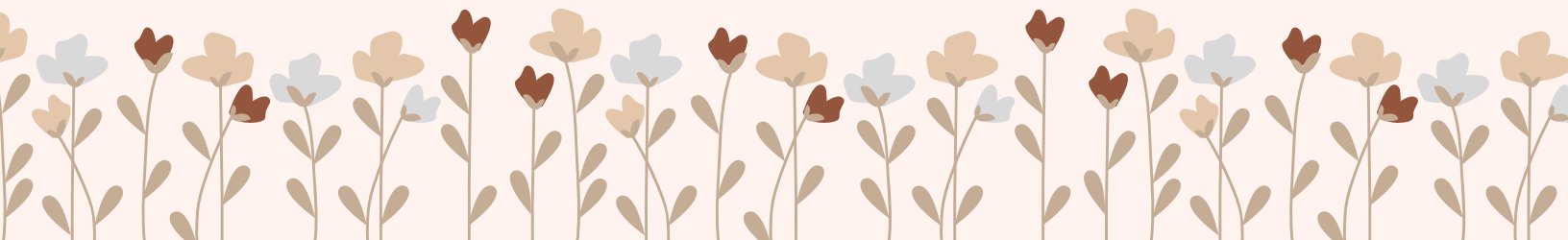
# Start with two minutes.

If you're having trouble setting aside time to journal, start with two minutes.

Pull out your notebook and write for two minutes.

If, after two minutes, you feel inspired to keep writing, then keep writing.

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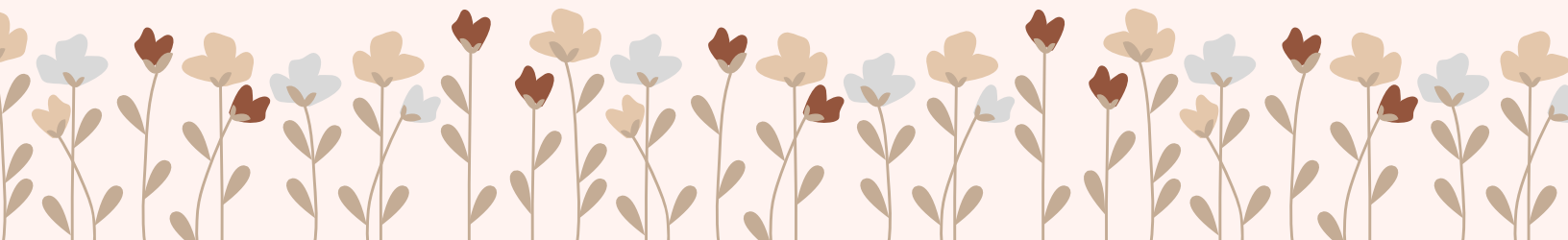


# Build up over time.

Over time, set aside more time (at least 5-10 minutes) for your daily journal practice.

This way, you give yourself time to answer the journal prompts thoughtfully and work towards your success.

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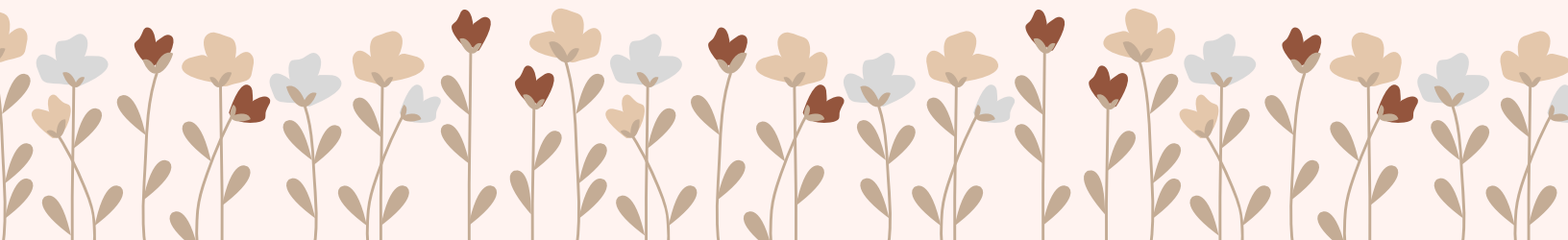


Set aside a regular time to  
journal.

Whether you journal in the morning or evening is less important.

What's more important is to set aside a consistent period during the day where you commit to pulling out your journal.

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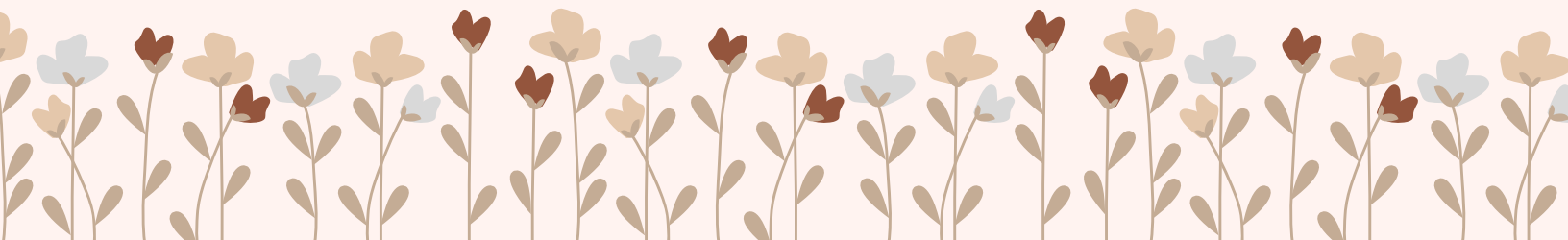
# Practice self-compassion.

It's okay if you forget to journal one day!

Forgive yourself if you miss one day of journaling.

At the same time, be cognizant that sometimes we avoid the things we need most.

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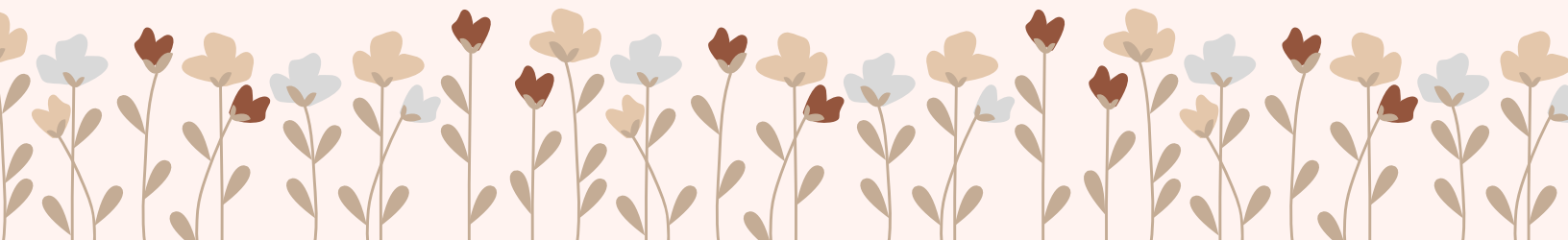


*Keep your journal with you.*

Carry your journal with you so you can easily grab it when you want to write down something.

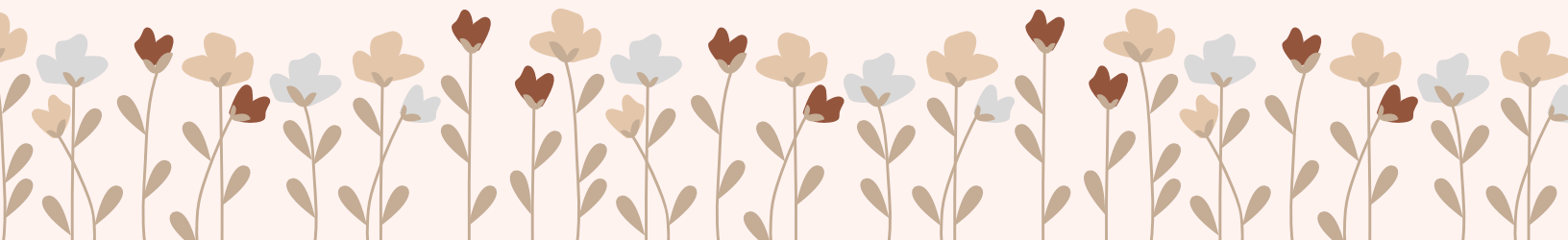
You will be amazed how effortlessly journaling will be as you allow yourself the opportunity to write when the writing bug bites.

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Use these weekly journal prompts  
to guide you to success...

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# Monday Motivation

Journal about your motivations and goals.

WHAT IS YOUR PURPOSE?

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WHAT IS YOUR WHY?

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WHAT DOES YOUR LIFE LOOK LIKE WHEN YOU ARE AT YOUR HAPPIEST?

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# Tuesday Transformation

Journal your ideal day.

WHAT DOES YOUR IDEAL DAY LOOK LIKE?

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HOW WOULD YOUR IDEAL DAY LOOK IF IT WERE IMPOSSIBLE FOR YOU TO FAIL?

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HOW CAN YOU STRUCTURE AN IDEAL DAY THAT WILL HELP YOU ACHIEVE YOUR GOALS?

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# Wednesday Warrior

Journal about the ways you trap yourself.

WHERE ARE YOU MAKING THINGS MORE COMPLICATED THAN THEY NEED TO BE?

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HOW ARE YOU COMPLICIT IN CREATING THINGS YOU DO NOT WANT?

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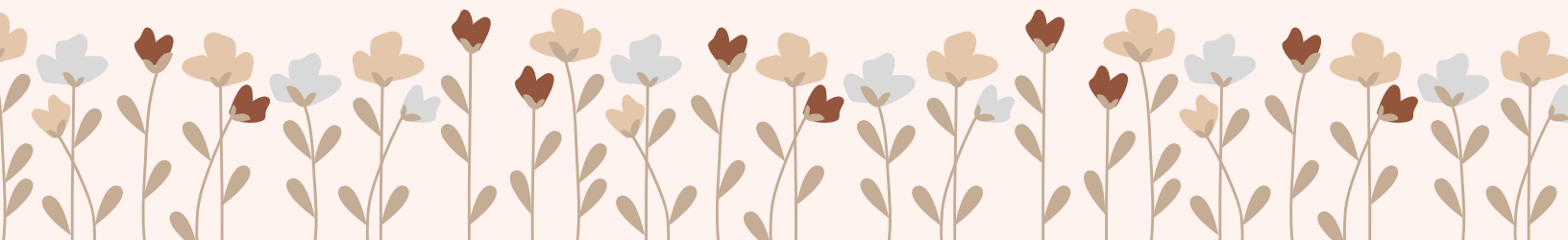
WHEN DO YOU FEEL THE MOST VULNERABLE TO SAYING NO INSTEAD OF SAYING YES?

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# Thankful Thursday

Feeling grateful you are more likely to make healthier choices and feel happier.

WRITE DOWN 5 THINGS YOU ARE GRATEFUL FOR. BE AS SPECIFIC AS POSSIBLE.

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# Friday Review

Review your week.

WHAT HAVE YOU ACCOMPLISHED? WRITE DOWN THREE THINGS YOU HAVE ACCOMPLISHED THIS WEEK.

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HOW DO YOU FEEL ABOUT THESE ACCOMPLISHMENTS?

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WHAT TASKS CAN YOU SCHEDULE THAT WILL ENABLE YOU TO GET CLOSER TO YOUR GOALS NEXT WEEK?

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# Saturday Story

Journal about your stories.

WHAT IS SOMETHING YOU HAVE STRUGGLED WITH LATELY?

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WHAT IS A STORY YOU ARE TELLING YOURSELF THAT COULD BE HOLDING YOU BACK FROM ACHIEVING YOUR FULL POTENTIAL?

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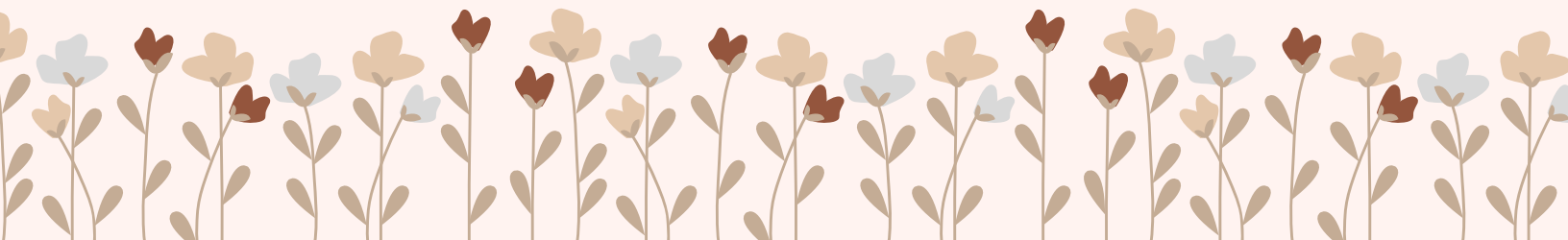
HOW CAN YOU REFRAME THIS NEGATIVE BELIEF INTO A POSITIVE ONE?

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# Sunday Intention

Journal about your goals.

WHAT IS YOUR INTENTION FOR THIS NEXT WEEK?

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WHAT GOALS DO YOU WANT TO SET FOR THE WEEK?

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WHAT DOES "SUCCESS" LOOK LIKE FOR YOU THIS WEEK?

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Journaling can be a meaningful way to understand yourself, your goals, and the best way you can achieve them.

Journaling is a healthy way to learn how to manage any stress or anxiety you have or are experiencing in your life.

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# Creating a new habit takes time.

Make a commitment to continue journaling the remainder of the year.

Create a new healthy habit to put your passion first.

To help you, I've included templates for daily, weekly, monthly and yearly planning.

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# What's Next?

Want to take your success to the next level?

Reach out, let's chat about how a 6-month partnership supports you and your success.

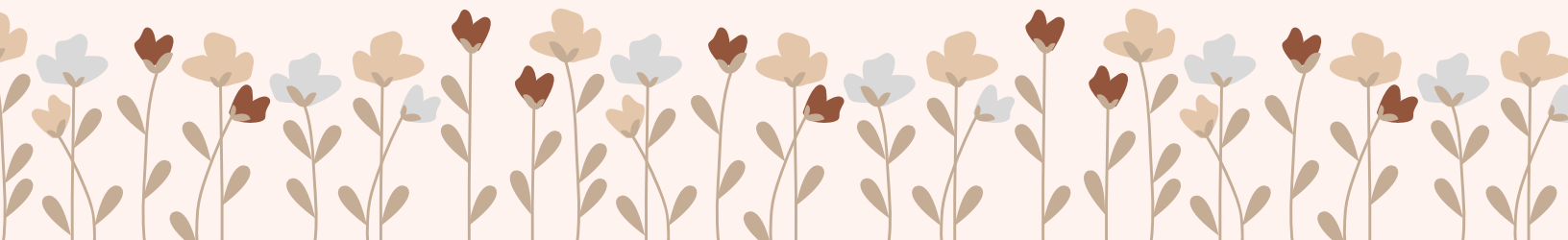
Imagine reduced stress levels, feeling organized, and being able to easily and effortlessly prioritize your days. Our partnership brings you all that and more!

*Karen*

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[inspiringursuccess@gmail.com](mailto:inspiringursuccess@gmail.com)



# Daily PLAN

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DATE:

## SCHEDULE

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## Appointments

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## To do

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# Weekly PLAN

WEEK:

SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

### To do

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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### Tracker

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### Notes

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# Monthly

PLAN

MONTH:

SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					



# Year PLAN

YEAR:

January

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February

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March

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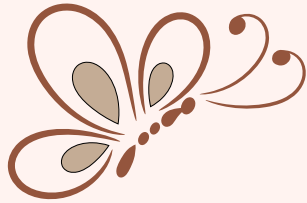
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