

30 DAYS OF JOURNALING

TO UNLOCK
YOUR NEXT
LEVEL & LOVE
YOUR LIFE
MORE

LOVE
YOUR
LIFE

THRIVEINLIFECOACHING.COM

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These journal prompts are designed to be completed in one month- 5 days a week consecutively for 4 weeks. It only takes about 10-15 minutes each day. Give yourself this time to unlock your next level and love your life more. You deserve it!

LET'S GO!

WEEK 1 DAY 1

TIME: APPROX 10 MINUTES

If you woke up tomorrow & had nothing to do, no obligations, how would you spend your day?

What does your ideal day look, smell, sound, feel, and taste like?

Listen to your favorite song while writing

Keep writing, stream of consciousness, no filter, for the entire song. Press repeat if you still have more to say :) You can write in whole sentences or just a bunch of words is good too!

WEEK 1 DAY 2

TIME: APPROX 10 MINUTES

Rate the quality of these areas of your life on a scale of 1-10 (10 being the ultimate)

It's ok to make a quick note of WHY but keep it brief, use key words.

How HAPPY & FULFILLED do you feel in your...

PEACE of MIND/ EMOTIONAL STABILITY

FINANCIAL SITUATION/ LIFESTYLE

PHYSICAL HEALTH & WELLNESS / VITALITY

CAREER/BUSINESS/WORK

LOVE & RELATIONSHIPS/ INTIMATE RELATIONSHIP

CONTRIBUTION & CELEBRATION

ACTION: schedule time in the next week to do some part of your ideal day from yesterday's journal

WEEK 1 DAY 3

TIME: APPROX 10 MINUTES. EVENING JOURNAL- DO AT DAY'S END

What was GREAT about today?

What and who did I LOVE today?

What did I GIVE today?

In what ways was I a GIVER?

WEEK 1 DAY 4

TIME: APPROX 10 MINUTES.

Understanding what drives you and guides you.

Answer with whatever comes to mind. Answer honestly. There are NO right answers. Be True To You.

LIFE IS ABOUT...

LIFE IS NOT ABOUT...

LIFE IS ALWAYS ...

LIFE IS NEVER ...

WHO AM I? WHY AM I HERE?
THE PURPOSE OF MY LIFE IS ...

WEEK 1 DAY 5

TIME: APPROX 15 MINUTES

WHAT IS IT THAT YOU WANT MOST IN LIFE?

WHAT DOES SUCCESS LOOK LIKE TO ME?

WHAT DO I WANT TO EXPERIENCE IN LIFE IF TIME AND MONEY WERE NOT A FACTOR?

HOW DO I WANT TO GROW?

WHAT CAN I GIVE TODAY?

**SPEND
YOUR DAYS
THE WAY
YOU WANT
TO LIVE
YOUR LIFE**



WEEK 2 DAY 1

TIME: APPROX 15 MINUTES

Fast forward **THREE** years from today. We're old friends who haven't seen each other in a few years. We meet to catch up.

Do **ANYTHING** you can to get yourself in a **HIGH VIBE**, positive, creative state before you begin to write. Put on a high energy song and write constantly for the entire length of the music. No stopping, no thinking, no filtering, no editing. Pen to paper, write write write. And remember, anything is possible :)

WHAT'S NEW?

WHAT HAVE YOU BEEN UP TO?

WEEK 2 DAY 2

TIME: APPROX 10 MINUTES

Complete each prompt with at least 3 words/answers.

For example: I CHOOSE: *Joy, Health, Happiness*

I HAVE:

I CREATE:

I'm GRATEFUL FOR:

I ENJOY:

I CAN:

I LOVE:

I CHOOSE:

I GET TO:

WEEK 2 DAY 3

TIME: APPROX 10 MINUTES. EVENING JOURNAL- DO AT DAY'S END

What did I LEARN today?

How have I GROWN today?

In what ways has my life improved this week/month?

WEEK 2 DAY 4

TIME: APPROX 10 MINUTES.

5 THINGS I LOVE ABOUT MYSELF

1

2

3

4

5

--Follow up from last week--

Did you complete your part of your ideal day? Y / N

What did you do?

How did you FEEL?

WEEK 2 DAY 5

TIME: APPROX 10 MINUTES.

5 THINGS I LOVE ABOUT MYSELF

1

2

3

4

5

**THE ONLY
OPINION OF
YOU THAT
MATTERS IS
YOUR OWN**



WEEK 3 DAY 1

TIME: APPROX 10 MINUTES

What feelings or desired states would you like to experience more of in your life right now and why? (select at least four feelings)

Menu of positive feelings to get your mojo flowing-

Affectionate, compassionate, friendly, tender, warm, engaged, curious, fascinated, interested, intrigued, involved, stimulated, hopeful, expectant, encouraged, optimistic, confident, empowered, open, proud, safe, secure, excited, amazed, eager, energetic, enthusiastic, giddy, passionate, surprised, vibrant, grateful, appreciative, thankful, inspired, amazed, joyful, playful, happy, jubilant, blissful, radiant, thrilled, peaceful, calm, clear-headed, comfortable, centered, content, fulfilled, mellow, quiet, relaxed, relieved, satisfied, tranquil, trusting, refreshed, rejuvenated, renewed, rested, restored, revived, energized, kindness, respect, love, admiration, lust, desire, hope, courage, pride, faith.

WEEK 3 DAY 2

TIME: APPROX 15 MINUTES

Journal about achieving your desired feelings & states from yesterday.

*For example: If my desired feelings are grateful and excited...
I feel grateful for my business because I get to create change in others' lives every day and that makes me feel like I'm contributing to the world in a positive way.*

I feel excited about our new partnership with a non-profit because together we can offer enriching travel experiences with global community service and that makes me feel like we can make a real difference and make the world a better place.

I feel

because

and that makes me feel

I feel

because

and that makes me feel

I feel

because

and that makes me feel

I feel

because

and that makes me feel

WEEK 3 DAY 3

TIME: APPROX 10 MINUTES

Journal about achieving your desired feelings & states again.

I feel

because

and that makes me feel

I feel

because

and that makes me feel

I feel

because

and that makes me feel

I feel

because

and that makes me feel

Additional Questions to ask myself-

Do I have any bad habits that I need to kick?

Are there any new positive habits I want to adopt?

WEEK 3 DAY 4

TIME: APPROX 10 MINUTES.

Journal about achieving your desired feelings & states again.

I feel

because

and that makes me feel

I feel

because

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WHO can I spend time with who is an example of what I'm striving for, who helps me experience my desired feelings, or who inspires me in general?

WEEK 3 DAY 5

TIME: APPROX 10 MINUTES.

Journal about achieving your desired feelings & states again.

I feel

because

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ACTION:

schedule time next week to talk with or see at least 2 people from your list yesterday

A scenic view of a mountain range with a winding road and a rocky foreground. The sky is overcast, and the mountains are covered in green forest. In the foreground, there are large, reddish-brown rock formations. A winding road is visible on the left side of the image, curving through the forest. The overall tone is somewhat muted, with a focus on natural beauty and a sense of perspective.

FOCUS = FEELING

**EVERY MINUTE
WE HAVE A
CHOICE OF
WHAT TO FOCUS
ON.**

**WHETHER YOU
LOOK FOR THE
GOOD OR THE
BAD YOU'LL
ALWAYS FIND IT**

WEEK 4 DAY 1

TIME: APPROX 15 MINUTES

In the past decade, what are 5 things that once seemed impossible (maybe you thought you didn't have enough time, ability, or resources) that you now have completed, mastered, or achieved?

Ex: I never thought I had the time or resources to get my yoga teacher cert.

1.

2.

3.

4.

5.

What made each of these things happen?

Ex: i found a program for working professionals that offered a payment plan and i decided to sign up. So then i had to find a way to make it work.

1.

2.

3.

4.

5.

WEEK 4 DAY 2

TIME: APPROX 15 MINUTES

WHAT WILL I ACCOMPLISH TODAY?

Write out your main outcomes for the day:

Next, grab a highlighter and review all of your journal entries from the last 3 weeks. Highlight the words you seem to use the most, or that really stand out to you.

List all Positive words:

List all Negative Words:

WEEK 4 DAY 3

TIME: APPROX 15 MINUTES

WHAT WILL I ACCOMPLISH TODAY?

Write out your main outcomes for the day:

And how could you upgrade your vocabulary?

Replace positive words with higher vibration words to give them more power

Replace negative words with less intense words to lessen their impact

Ex: Happy → Elated

Frustrating → Inconvenient

Good → Excellent

Angry → Annoyed

Create YOUR list:

WEEK 4 DAY 4

TIME: APPROX 15 MINUTES.

WHAT WILL I ACCOMPLISH TODAY?

Write out your main outcomes for the day:
practice using your upgraded vocabulary

Rate the quality of these areas of your life on a scale of 1-10
(10 being the ultimate)

It's ok to make a quick note of WHY but keep it brief, use key words.

How HAPPY & FULFILLED do you feel in your...

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WEEK 4 DAY 5

TIME: APPROX 15 MINUTES.

REVIEW your month of Journaling again.

And practice using your upgraded vocabulary...

WHAT ARE YOUR BIGGEST TAKE AWAYS (AT LEAST 3)

1.

2.

3.

WHAT CAN YOU CREATE A HABIT OF?

WHAT CAN YOU SCHEDULE MORE OF INTO YOUR LIFE?

This is YOUR life. Do what you love and do it often. If you don't like something, change it. Open your mind, arms and heart to new things and people, we are united in our differences. Some opportunities only come once, seize them. Follow your dreams, they know they way. Find what brings you joy and go there.

**KRISTEN SARGENT
THRIVE IN LIFE COACHING**

