

A woman is seen from the side, writing in a journal on a wooden desk. She is wearing a floral patterned top and a ring. The desk is decorated with a black fan and a string of warm white lights. The background is a dark wooden surface.

V.

7-DAY
**JOURNALING
WORKBOOK**

I AM...
WORTHY
AMAZING
KIND
CONTROL

A red scribble consisting of several loops and a long tail, located in the upper right corner of the notebook page.

What does success look like to you?

What steps are you taking to achieve that success? If you haven't already, consider journaling as a tool to help you achieve the success you're reaching for.



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

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

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

It also helps you to uplift your mood, keep track of your success, practice positive self-talk, and work through ways to manage your emotions.

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

1. 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.

2. 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.

3. 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.

4. 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.

5. Keep your journal with you.

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

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

1. Monday Motivation.

Journal about your motivations and goals.

- WHAT IS YOUR PURPOSE?

- WHAT IS YOUR "WHY"?

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

2. Tuesday Transformation

Journal about your ideal day.

- WHAT DOES YOUR IDEAL DAY LOOK LIKE?

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

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

3. Wednesday Warrior

Journal about the ways we trap ourselves.

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

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

4. Thankful Thursday

Grateful people are more likely to take care of themselves, make healthier choices, and feel happier.

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

5. Friday Review

Review the past week.

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

- **HOW DO YOU FEEL ABOUT THESE ACCOMPLISHMENTS?**

- **YOU CAN ALSO JOURNAL ABOUT HOW YOU WANT TO GET CLOSER TO YOUR GOALS NEXT WEEK. WHAT TASKS CAN YOU SCHEDULE THAT WILL ENABLE YOU TO DO THIS?**

6. Saturday Story

Journal about your stories.

- **WHAT IS SOMETHING YOU HAVE STRUGGLED WITH LATELY?**

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

- **HOW CAN YOU REFRAME THAT NEGATIVE BELIEF INTO A POSITIVE ONE?**

7. Sunday Intention

Journal about your goals.

- WHAT IS YOUR INTENTION FOR THIS NEXT WEEK?

- WHAT GOALS DO YOU WANT TO SET FOR THE WEEK?

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

- WHAT ARE YOUR PRIORITIES THIS WEEK?

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

It can also be a way to manage any stress or anxiety you have in your life.

Use these prompts as tools to help you check in with yourself, set intentions, and grow.

Each week, make a copy of this worksheet and fill it in.

See how journaling can be an incredible tool to help you turn your dreams into reality!



Tommi V.

WWW.TOMMIV.COM