



## Notes about how I journal:

- How you choose to journal is completely up to you! I have found this system works for me but I continue to tinker with it.
- I use [Evernote](#). I like journalling electronically but you might prefer paper.
- I set my weekly goals and purpose on a Sunday night and they stay on on the top of each daily journal until the following Sunday. This allows me to set daily goals that align with me weekly goals.
- I like determine a 'purpose' of the week. This is different than my goals. My purpose is 'deeper' and is more connected to my values.
- I journal first thing in the morning. Make it a part of your routine and be strict!
- Before I go to bed I review my journal and fill in the '3 Amazing things that happened today' section. This could be supplemented by, "Today could have been even better if..."

You might like to try the [The Five Minute Journal](#) to get started. I started this way and have since adapted.



**Date**

**This weeks goals :- (6 to 10)**

**My purpose for the week:-**

**I am grateful for:- (3)**

**To care for myself, today I will... :- (fitness and/or nutrition):-**

**Today would be great if :- (Goals)**

**Work (3)**

**Personal (3)**

**People to connect with:- (2 each day)**

**I am noticing about myself :- (1 or two sentence)**

**Daily Affirmations. I am \_\_\_\_\_ :- (3 to 5)**

**3 Amazing things that happened today :-**