

NINE JOURNAL QUESTIONS



YESTERDAY

What Happened Yesterday? (event by event chronologically not meant to be in detail)

Observations / Lessons Learned

Biggest Wins

NINE JOURNAL QUESTIONS



NOW

How I'm Feeling Right Now / How's My Heart

What Did I Read / Learn

Who / What am I Thankful for?

NINE JOURNAL QUESTIONS



TODAY

What Would Make Today Great?

How Do I Make Today Great?

My Big Three for Today
