

# Journaling Prompts

Monday · Tuesday · Wednesday ·  
Thursday · Friday · Saturday · Sunday

DATE \_\_\_\_\_

## MY TOP GOALS THIS WEEK

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## My Top 3 Wins Today

### IDEAS TO THINK ABOUT

- 3 Things I appreciated today
- A trigger I handled well or not so much
- 3 Things my "best self" would do today
- Things that brought me closer to my goals
- What or who inspired me today?
- I just had this great idea
- What would I do if I knew I couldn't fail?
- I find it challenging that...
- I need to contact...because...
- I'm so glad that...
- 3 Things I'm looking forward to
- What does my perfect life look like?
- What are the next steps to reach my goals?
- I would love to spend more time with...
- What didn't go as planned and why?
- What sets my soul on fire?
- My favorite way to start the day

### QUICK NOTES

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# Ultimate Goal Planner



Are you ready to get real results? The **ultimate 15-page Ninja Goal Planner** has you covered all year. Get it now with the *Select Access* and as a *Ninja Club Member*. Finally start your business, generate more income, and get the freedom you want.

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