

Daily Journaling Worksheet

This takes 10 minutes. Answer these questions below in your journal, and make journaling a part of your week.

The guaranteed benefits? Journaling helps keep you focused on the bigger picture, it keeps you focused on your goals and how you're feeling. If you commit to doing this 5 days a week, you'll feel more in control, more organised and it'll help keep you focused and on track.

1. Three Things I'm Grateful for: (go into detail)

1. _____
2. _____
3. _____

2. Three Outcomes I'm Focused on: (go into detail)

This week, this month, or this year.

1. _____
2. _____
3. _____

3. What are 3 small action steps, that if I make them a part of my daily routine, will make a big difference:

4. Today's Mental Focus:

5. Today I was outstanding at:

6. Tomorrow I'll improve at:

7. What's the most important thing to get done today:

8. What are my top 3 things I need to prioritise tomorrow: