



Expand Your Mindset

Creating a Journaling Practice

A daily journaling practice will help you develop the self-reflection skills that increase insight and grow your mindset. Make time each day to check in with yourself. Below are some starter questions.

- 1. What had my attention today?**
- 2. What was my body telling me today?**
- 3. What emotions did I experience today? What did I do with them?**
- 4. Did I do anything extreme or compulsive today?**
- 5. How do I feel about the decisions I made today?**
- 6. Did I avoid anything or anyone today?**
- 7. What did I do to make space for my creative and/or inspired self today?**
- 8. Did I have time to myself today when I needed it?**
- 9. What pleased me about my day today?**
- 10. Did I listen to my gut today? What insights did I gain? How did I sort out my “gut” from my biases?**

Deepening Your Journaling Practice:

- Use counter questions. Example: What had my attention today? Then ask: What didn't get my attention today and why did I ignore this issue/item?
- When you feel a “charge” while journaling (emotional information that is unblocking) stay with it and deepen your inquiry until you are satisfied with a greater understanding of yourself and the emotion.
- Over short periods of time, two to four weeks, review journalings for patterns and insights.