

Daily Journaling (priming) Worksheet

Keep a copy of this sheet (take photo and keep on your phone), and your blue notebook in your handbag. When you find yourself with 10 minutes to spare, answer these questions, 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: