

TOP TEN JOURNAL PROMPTS

FOR A SUCCESSFUL NEW MONTH

1 WHAT DO YOU NEED TO **PRIORITISE** THIS MONTH?

What are the things in your life that will bring you closer to your goals? Those are the things you should be prioritising this month. Whether it's working out, meditating, self-care, or spending more time outside, make sure these things truly make you feel good (long-term) and are helping you reach your goals. By writing down this list it will allow you to stay focused and aligned with yourself.

2 WHAT AM I **MOST PROUD** OF AND HOW WILL I CULTIVATE GROWTH IN THIS AREA OF MYSELF?

We rarely acknowledge and praise ourselves for all of our accomplishments and successes. However big or small you feel they may be, write down things you're most proud of. Give yourself credit! Then linking this to how you can grow in those certain areas creates more opportunities for yourself to learn and push yourself just that extra bit.

3 WHERE COULD I USE A **LITTLE MORE WORK** AND HOW WILL I CARVE OUT TIME TO DEDICATE TO THIS AREA?

Being self-aware is one of the most important things for growth and success. Note down what you can improve on, or what you can spend a little bit more effort on and then explain to yourself - how will I do this? How much time do I need to do this?

4 WHAT IS MY **INTENTION** FOR THIS NEW MONTH?

What are the intentions behind your goals and actions this month? Do you want to connect to your creative self? Maybe you're working on being a kinder person, developing patience, or finding out more about yourself.

5 WHAT DO I WANT TO **LEARN** THIS MONTH?

Stay curious. There are so many things that are new or things that you haven't really grasped how to do or don't know much about so this is the perfect chance to learn something new! It keeps you occupied and also increases happiness and productivity.

6 WHAT **ACTIVITIES** LIGHT ME UP, ENERGISE ME, OR MAKE ME FEEL STRONGER, BETTER, OR MORE INSPIRED?

Stay curious. There are so many things that are new or things that you haven't really grasped how to do or don't know much about so this is the perfect chance to learn something new! It keeps you occupied and also increases happiness and productivity.

7 WHAT **DISTRACTIONS** AM I ALLOWING INTO MY DAYS? HOW CAN I START TO MINIMISE THEM?

Being able to figure out what is distracting you and wasting your time, and minimising or getting rid of them can lead to less stress and overall accomplishing more which leads to more success.

8 HOW DO I COPE WITH **SETBACKS/FAILURES?** HOW CAN I IMPROVE THIS?

Being able to deal with setbacks is an important thing as everyone goes through them, it's part of life. The most important thing is being resilient and having a positive attitude in order to be able to bounce back from it stronger.

9 WHAT IS ONE SMALL ACTION I CAN TAKE TOWARDS CREATING MORE **WEALTH** FOR MYSELF?

Action is always required! Journal on this one to inspire yourself to start showing up for your dreams and making money moves!

10 **MANIFEST YOUR GOALS** FOR THIS MONTH BY WRITING IN THE PRESENT.

The final thing left to do is to write what you want to achieve this month in the present. This is all about speaking it into existence. "I will...", "I am...", "I have...". This will leave you feeling focused and inspired for the month ahead of you.