

Journaling

for Goal Setting & Reaching

Ways to Journal:

- Freewrite (whatever comes to mind)
- Gratitude Journal
- Creative Scrapbooking/Art Journal
- Bullet Journal (schedule, tasks, etc)
- Reflection Journal
- Worst Case Scenario Journal

4 Prompts for Goal-Setting:

- What did I do, create, or experience this year that I'm really proud of?
- What mistakes did I make that taught me something? What did I learn?
- What am I willing to let go of?
- Who do I want to become?

Remember!

The key to reaching your goals is to write them down and be consistent.