



---

This style of journaling is designed to help you understand your thoughts & emotions, work to release them and adopt a more aligned perspective. To help you move closer to living life in a way you desire designate time to put your pen to paper, explore your current thoughts and reflect on your experience by answering the following questions. Recommended for best results to check-in with these questions weekly.

---

**Begin** by setting the timer on your phone for 5 minutes and brain dump in your journal all your present thoughts and emotions. [there is no judgement here. There is no right and no wrong. Don't think, just put your pen to the paper, take a deep breath, start writing and see where it takes you.]

---

1. What is something new I learned from today's exploration?
2. What is currently challenging for me?
3. What needs to [continue to] transform in my life to help me feel my best and live in my highest alignment?
4. What do I need to let go of in order to move in the direction of my dreams?
5. What mindset shift do I need to adopt this week, to continue to transform in my LIFE?
6. How will I know when I have made improvements, achieved milestones and evolved?
7. What is currently working in my daily routine?
8. What am I proud of myself for accomplishing over the last week? And how does it make me feel to be consistently showing up as my best self? [take a minute and connect to your positive feelings, with the option of adding deep breathing & to connect further - describe below how your positive feelings manifest in your physical body.]
9. On a scale of 1-10 how committed am I to making these changes this week?
10. What is my Refocus word of the week?