

Align Your Mind in 30 Days (or less)

Here are my 30 journal prompts to use daily over the next 30 days.

Instructions:

- Read the journal prompt.
- Close your eyes.
- Take a few deep breaths.
- Set a timer for 5 minutes.
- Begin writing the rest of the journal prompt after the ... and don't stop until you hear the sound of the timer.
- Remember to dive deeper into your own unique awareness, you'll want to choose a quiet place to do this work. Pick a time in your day where you can be alone and undisturbed.
- Make a note of what really surprised you during your journaling time.
- ASK yourself: What is the ONE Action I can take to be more invested in what matters most to me TODAY?

Journal Prompts:

1. I don't do it much but I enjoy...
2. If it weren't too late, I'd...
3. My favorite childhood activity was...
4. Everyone will judge me if I...
5. To create my impact, I'm willing to...
6. Taking time out for myself is...
7. The ONE thing I can do that will "power up" my week for a higher contribution is...
8. The person I need to forgive now is...
9. When CHANGE presents itself in my life, I...
10. If it didn't sound so crazy, I'd...
11. In the next 12-18 months, I really want to...
12. The thing is, I'm suspicious that...

13. I have trouble sometimes trusting myself because...
14. This is a Brand New Week. A Chance to Begin Again. What I most want to gain momentum on is...
15. The greatest joy in my life is...
16. If my dreams come true, my family will...
17. People with money are...
18. I believe I'm getting better at...
19. When other's compliment me, I...
20. I'm pretending not to know that...
21. I can make the hard choices that I've been avoiding. One hard choice I need to make this week is...
22. If I'm completely honest with myself, the ONE thing that's getting in the way of my creativity is...
23. I have greatness inside of me. In order to unleash my next level of victory, I...
24. When I make a mistake, I...
25. The "half-baked" idea that I really want to take action on now is...
26. Something that I need to "SHIFT" my thinking on is...
27. The One action step I'm avoiding that I know could improve my situation is...
28. Something I'd really like to have or do but rarely give myself permission to think about is...
29. Before December 31st of this year, I'm committing to...
30. On New Year's Eve of this year, I want to raise my glass to celebrate...