



MY PERSONAL JOURNAL

With daily, weekly & monthly
journaling prompts



self care

This journal belongs to

Monthly Journaling

Monthly Prompt Ideas

Each month, either at the beginning, the end, or both, take a moment to journal. You can journal about your hopes for the month, your reflections at the close of the month, or anything else that feels valuable. Here are a few ideas from Silk & Sonder, along with my additions for each month to get you started.

January Writing Prompts

- If I was only able to accomplish one goal or aspiration this year, what would I want it to be?
- How can I spend time outside this month, even with the cold weather?
- What indoor activities do I enjoy?
- When do I feel the most cozy and cared for?
- What will help me feel more purposeful & connected in my work?

February Writing Prompts

- What do I like most about having a shorter month? What do I like the least?
- What does my perfect mental health day look like?
- When do I feel the most loved?
- What are some ways that I express love?
- What do I love about what is happening in my work this month?

March Writing Prompts

- How will I take advantage of the extra hour of daylight coming up?
- A time when I felt really lucky was...
- How am I doing on my goals and aspirations for this year so far?
- Write about one tough situation or relationship that is occurring this year, and one situation or relationship that's been really great.
- What skills am I refining or growing at work?

April Writing Prompts

- How can I best take advantage of the spring weather?
- Make a list of experiences you want to do this month
- Who is my closest friend? What do I love about them?
- What's something I'm feeling anxious about right now?
- What is 'springing up' in my professional life? What needs to grow at work?

May Writing Prompts

- What does my ideal summer vacation look like?
- What's my favorite part about the month of May?
- If I could change three things about the world, what would they be?
- Write about a time when you had a really difficult conversation. What did you learn from it?
- What does happiness mean to me? What reflects my happiness at work?

June Writing Prompts

- Make a summer bucket list
- What are some things I can do to help me better cope with my worries?
- What are my pet peeves?
- How can I shift my work to take advantage of the summer?

July Writing Prompts

- We're halfway through the year. How do I feel about how this year is going so far?
- Think about someone you love who you haven't talked to in a while. How can you connect with them this month?
- Write a letter to your future self.
- Am I an early bird or a night owl? How can I better honor my rhythms?
- What will bring fireworks and sparkle to my professional brand?

August Writing Prompts

- Think back to a summer vacation you went on as a kid and write out your favorite memories from it.
- Something I want to accomplish this fall is...
- What is your biggest insecurity, and where do you think it comes from?
- What are my professional plans for this fall?

September Writing Prompts

- I feel the most motivated when...
- September is all about "starting fresh." What can I do to start fresh this month?
- What does my "dream job" look like?
- My perfect morning looks like...
- My ideal work schedule would be... How can I make it so?

October Writing Prompts

- My favorite thing about fall is...
- What feelings does fall stir up for you?
- List the experiences, activities, and people that tend to make you feel anxious.
- How can you show up at work authentically?

November Writing Prompts

- Write down five things you're thankful for.
- How can I prioritize self-care this month?
- My happiest Thanksgiving memory is...
- What am I grateful for in my career? Where am I restless in my work?

December Writing Prompts

- My favorite memory from this year is...
- How can I carve out time for exercise this holiday season?
- What do I want to accomplish next year?
- What are my biggest/best professional milestones this year?

Month _____

Prompt:

SELF CARE
IS A
PRIORITY
AND
Necessity
NOT A
LUXURY

Weekly Journaling

Week of _____

Highs

Lows

Wins

Challenges

Celebrate the little things

BIG & SMALL WINS



A series of 20 horizontal black lines for writing, spanning the width of the page. Each line is aligned with one of the pink circles on the left.

-THE-
BEST
Project
(YOU WILL EVER)
WORK (ON)
is your
self

Daily Journaling

Daily Prompt Ideas

Daily journaling can help you process the day's events or explore new and innovative ways to navigate opportunities and challenges. Here are a few ideas to get you started.

- What are five things that bring me joy, and how can I incorporate them into my daily routine?
- What are some negative thought patterns that I tend to fall into, and how can I challenge or reframe them?
- What is something that I've been wanting to learn or try, and how can I make time for it in my schedule?
- What are some of my strengths and how can I use them to build my confidence and accomplish my goals?
- What am I grateful for in my life, and how can I cultivate a sense of gratitude regularly?
- What am I grateful for in my work, and how can I cultivate a sense of gratitude regularly?
- What are some ways that I can take care of my physical health, such as by getting enough sleep, eating well, and exercising regularly?

Today's date _____

Prompt:

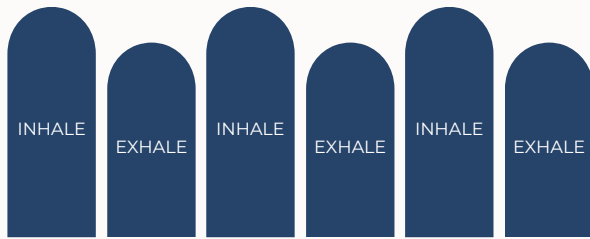
Prompt:

5 Minute Gratitude Journal

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S M T W T H F S

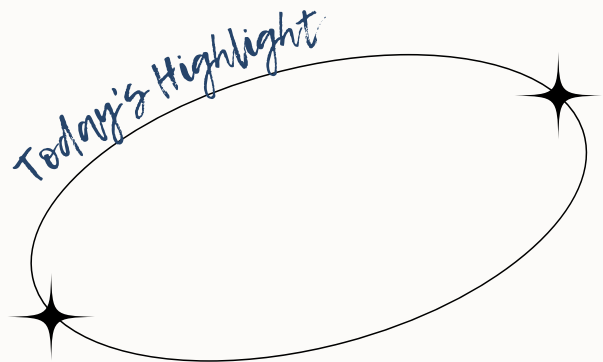
Breathe before writing



3 best thing about today

Things you're grateful today

Describe today in a drawing



Things that you learned

Today's Affirmation

TRUST
THE
TIMING
OF
YOUR
LIFE



Barb Girson

CEO/Owner
Speaker, Strategist,
Trainer & Registered
Corporate Coach™

If you would like to explore ways to enhance self-awareness, increase influence, gain executive presence, and develop better communication skills for you and/or your team, contact Barb Girson to learn more about our workshops and coaching in areas of executive, leadership, communication, business, career & sales.

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