

# Journaling: Change Your Life and Achieve Your Goals

## **Heavy Lifting days:**

*Monday, Tuesday, Wednesday*

- Thankfulness
- Long-term Goals
- Daily Goals
- Reminders and Affirmation

## **Long-term Reflection:**

*Thursday*

- Long-term obstacles
- Daily Goals

## **Long-term Fix:**

*Friday*

- Long-term goal achievement plan
- Daily Goals

## **Short-term Achievement:**

*Saturday*

- Daily Achievement Percentage for the week
- Reasons for failure
  - Or reasons for success

## **Short-term Changes and Implementation:**

*Sunday*

- This is where you will actually work through those solutions you came up with on Saturday to avoid failure this coming week
- If you did not fail, feel free to journal whatever is on your mind! You earned it.

**Prescription:** *Repeat this process for one week out of the month. The other 3 weeks, use only the “Heavy Lifting” template for EVERY DAY of the week.*