

## MORNING JOURNAL QUESTIONS

**Option 1: Random Journal Prompts [Here](#) (start by clicking on the randomizer at the top)**

### **Option 2: Short Mindset Prompts**

Four things for which I'm grateful:

1. I'm grateful for this relationship
2. I'm grateful for the opportunity I have today to
3. I'm grateful for yesterday's
4. I'm grateful for this simple thing that's near me and within sight
5. I'm manifesting my gratitude today by

OR

What am I *most* grateful for right now?

Where do I feel the *most* love right now?

What is bringing me the *most* joy right now?

What is giving me the most confidence right now?

What am I excited about right now?

What am I most proud of right now?

AND/OR

Moving Future:

- Yesterday - what am I most proud of?
- Today - what's giving me the most confidence right now about what we're doing?
- Coming up - what are we most excited about moving forward?
- Next milestones

### **Option 3: Planning Prompts**

What are my intentions for

- today
- this week
- this month
- this quarter

An idea to ponder:

Today is a \_\_\_\_\_ Day

- Free day: fun, interesting and exciting things only; no work-related tasks whatsoever
- Buffer day: what do I need to do today to get the most out of my upcoming free days and focus days?
- Focus day: spend as much time today as possible in your Unique Ability - connecting, communicating, solving problems, achieving goals

My open crucial results for the week (emphasis on *results* - these are not tasks that I need to complete; delegate well)

If I could do only one thing today, it would be:

If I could do a second thing today, it would be:

If I could do a third thing today, it would be:

Today's follow ups from yesterday's calls, mtgs and e-mails (do these now)

Calendar the Top 3 (*Protect my project focus time and limit meetings and changes that take away from them; meditate for a few minutes before starting; set timers*)

### QUESTIONS TO ASK AT ANY TIME OF THE DAY

*Re-read the top of this note*

What am I experiencing right now?

Am I staying mindful and present?

Am I doing the best I can do?

Am I sticking to my intentions for the day?

Am I being on time and realistic with my schedule today?

Am I staying positive and do I have total confidence right now?

### END OF DAY QUESTIONS

- Time: How did I do with my time today? Did I keep to my pre-planned schedule or did I adjust? If I adjusted, why? Was it due to lack of focus or proper prioritization, or some other reason? Did I stick to my time category (focus, buffer and free?) How much flow time did I have and how could it have been better?
- What am I grateful for?
- What were my 3 wins from today?
- What are my 3 wins for tomorrow?
- What did not work today, and how could it have been better, and how was that a gift?
- What's a problem I'm trying to solve?