

# With the Current Journal



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WISDOM THROUGH AWARENESS

WHO AM I?

WHO AM I NOT?

WHAT ARE MY VALUES AND BELIEFS?

DOES MY CURRENT ATTITUDE SERVE ME OR STOP ME?

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## ACCEPTANCE AND ACCOUNTABILITY

WHAT ROLE DO I PLAY IN THIS WORLD?

WHAT ARE MY TOP STRENGTHS?

WHAT DO I WANT TO GET BETTER AT?

HOW DO I MANAGE MYSELF WHEN I'M UPSET?

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## VISIONARY EXPLORATION

WHAT DO I WANT MY FUTURE TO LOOK LIKE?

WHAT DOES SUCCESS LOOK LIKE FOR ME?

WHAT DO I WANT TO BE KNOWN FOR?

WHAT IS MY BRAND?

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EMPOWERED ACTION

WHAT STEPS DO I NEED TO TAKE?

HOW WILL I FORM BETTER HABITS?

HOW WILL I HANDLE ADVERSITIES?

HOW WILL I MAINTAIN A POSITIVE MINDSET?