

IDEASHEET - Meaning Journal Your Way to aligning your Meaning

This week, if you don't already journal, make a commitment to this daily ritual. Habits of successful people are important to emulate.

Daily journaling is one of the best ways to align yourself each day. I do it in the am, you may want to do it at night as you slide into bed. The MOST important part is that you create a daily habit.

THIS WEEK commit to journaling every day. It will feel so good you will want to repeat it. I like getting a nice pen and a notebook that suits my personality or mood at the time. You will enjoy having journals through the years that mark different times in your life.

Some of my favorite ones are older and were just notebooks and are full of passionate writing.

A Wonderful Feeling!

Writing everyday in a space that is uniquely yours is a freeing habit. It is a success habit. Pick it up and repeat daily! It feels so good to get in touch with the real you.

Don't know what to write? Well, here are 4 things to write everyday.

1. What matters in your life right now...

2. What gives you meaning...

3. What are you grateful for...

4. What your dream life looks like...

It's that simple--- this will get you started.

Make copies of this IDEA Sheet if you can't find a notebook just yet.

Don't wait until you have everything set up and perfect---

perfection is the enemy of progress. Who said that?

Feel good when you spend time writing, bask in your ideas, thoughts and gratitude.

REPEAT. REPEAT. REPEAT!

NEW HABITS.

NEW YOU.

YOU LIKE IT!!

I will start this on: _____ (date, today is good)

Signed _____

This feels good because

YOU are living YOUR MOST LIFE!!

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