

# What I Hope To Gain from this Journal

**PRE-WORKSHEET**

Here are some suggestions:

Clarity	Brave change	Self-exploration
Create movement	Start living my life	Independence
Find a routine	Stop living others' dreams	Start dreaming
Rewire my thoughts	Create boundaries	Find happiness
Create space	Find myself	Need a pick me up

## What some real people have said about what they gain from journaling:

“Release. Space. Reflection” – Lindsay Couture“

“1. Reminders of how blessed I am.

2. Release of negative energy if I had a stressful day” – Trudy Raymond

“Time for myself, the ability to look at everything in a bigger picture, creative release, and the opportunity to... get myself together. ” – Nicole Culligan

“Reminders of where I stumbled and how I got through them . A reflection , my journal is not just of me but my family and children as well . Like a picture I can go back and reflect on good and not so good days .” – Rachel Boutilier

“It works like a brain dump for me. Gives me some space.” – Jennifer Mathieu

“If you're life is worth living, it's worth recording.” – Michael Gauthier

“I gain excitement and my manifestations coming to fruition ” – Karen Sharp McIntosh

“Clarity. It helps me prod and uncover anything that is bothering me, and it's a way of celebrating, and offering gratitude when all is well.” – Akosua

# COURAGE to Change

The Mindful Goal Setting Journal



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