




365

DAYS OF
PURPOSE



FALL IN LOVE
WITH TAKING CARE
OF YOUR MIND,
BODY & SOUL.



Finding your purpose is
an essential journey. It is
important to feel satisfied
with the direction you are
taking in life and keep the
fire inside you burning.

It can be challenging to take time for
soul-searching alongside our busy lives but
you are taking the first step by opening this book!

Find a few minutes each day to sit down and fill out
a daily task. As you progress through the weeks
and months, take longer to think on each one as you
learn about your life's purpose in a conscious way.

Vision Board

Stick photographs, collected imagery or your own artworks
here to help visualise and manifest your journey to find purpose.

Day 1

Date:

Describe key events that have happened in your life and write about how they have impacted who you are today.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

[illegible]

Day 2

Date:

Dream Life

Take half an hour to close your eyes and think about your dreams and goals. Write what comes to mind.

[illegible]

Date:

Day 3

Write three things you would do today if it were impossible to fail.
Choose one of them and take the first step to making it happen.

Day 4

Date:

A Three Month Plan

Take time to think of a personal project you can complete within the next three months. Set an action plan for it.

Day 6

Date:

Your Best Self

Write about a time when you have been at your best. What was happening and what were you doing? How did it feel and how can you get to that place again?

[illegible]

Date:

Day 7

Which three words describe you best? Why?

1.

2.

3.

Day 8

Date:

Your Goals Journey

How have you achieved important goals in the past? Have you experienced pushback by unsupportive people? How did you handle this and what was the outcome?

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Date:

Day 9

Do you consider yourself successful?

Why or why not?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Day 10

Date:

Life Questions

What motivates you to get up in the morning?

[illegible]

Day 12

Date:

Your Support Network

Write a list of the most important people who help you be you.
Family, friends and other loved ones.

+

+

+

+

+

+

+

Date:

Day 13

When you were a child, what did you want to be when you grew up?

[illegible]

Day 14

Date:

Identify and write about some good things you can see in your current life.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 15

Levels Of Confidence

Consider the questions below and write down your immediate thoughts.
Take time to read your answers, do you think your initial answers are true?

Are you a confident person?

Can you advocate for yourself?

Can you say no to people?

Day 16

Date:

Bucket List

List ten things you want to do before you die.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

How can you take action on these sooner rather than later?

Date:

Day 17

If you had more time and energy, what would you do with it?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 18

Date:

Priorities

What is truly most important to you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

Date:

Day 19

Personal Qualities

List five of the best qualities a person can have and write honestly about how you can work on these in yourself.

1.

2.

3.

4.

5.

Notes

Day 20

Date:

Future Goals

What do you want to be remembered for after you die?

+

+

+

+

+

Date:

Day 21

Big Love

List and describe three things you are most passionate about.

1.

2.

3.

Day 22

Date:

Teenage You

Write a letter to yourself at age 16. Celebrate and explore the positives and negatives of what you have learned until today. Offer advice and insight to your teenage self.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 23

Write about a time or event that has been sad for you.

What happened and how did you handle it? What can you learn from this experience?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 24

Date:

Intention Setting

Set three positive intentions for yourself today.

1.

2.

3.

Date:

Day 25

Write about a time when you felt joyful. How did it come about?
Who was there and what happened?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 26

Date:

Best Day

Describe what a good day looks like to you, from the moment you wake until the moment you go to sleep. What did you do? Who did you see? How did you feel?

Morning

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice. There are no margins, text, or other markings on the page.



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Day 27

Date:

Observations On Life

Take a moment to look outside.
Describe it with words and draw a picture of what you see.

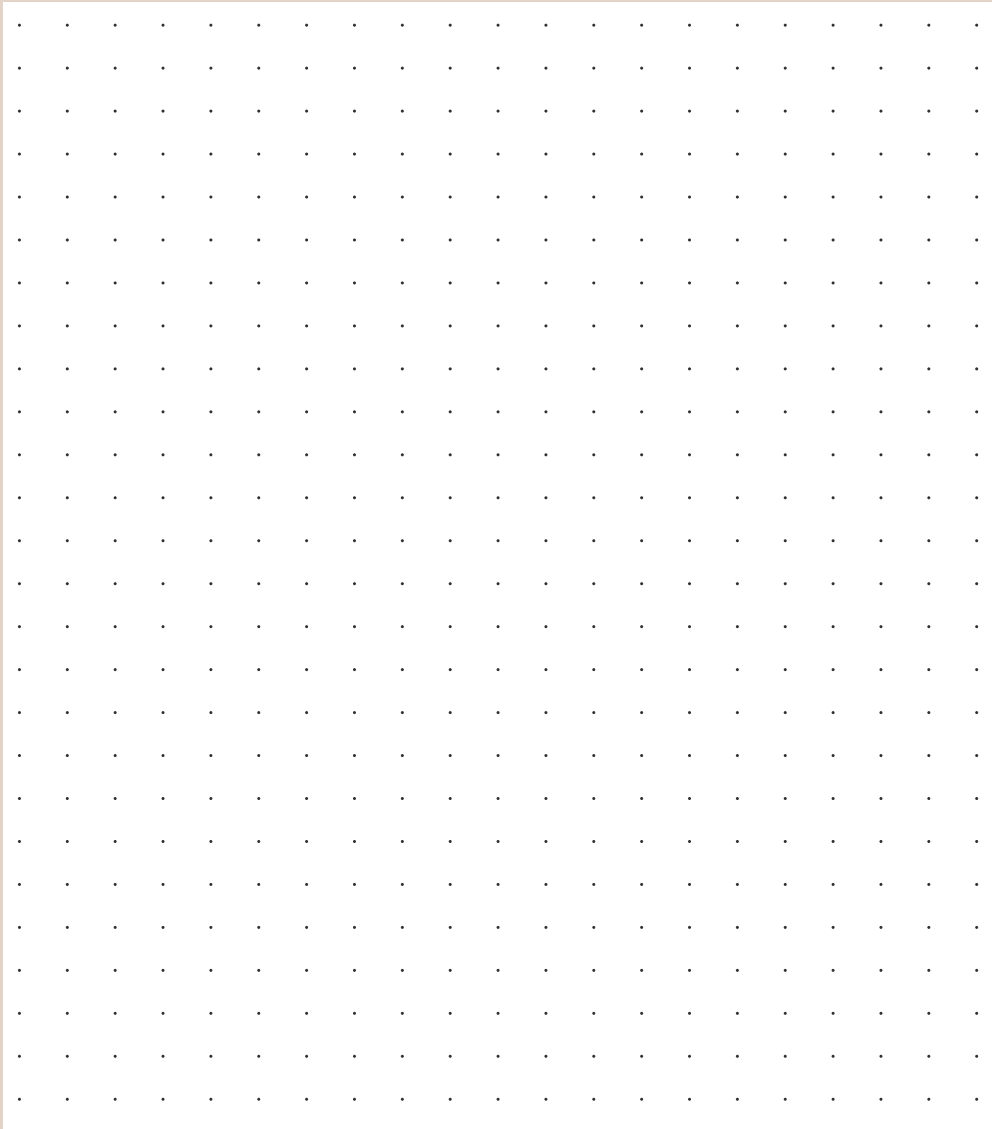
I see...

Date:

Day 28

Meditation Time

Allocate ten minutes to connecting these dots with your pen/pencil. Try to think only about the activity and not about anything outside of your drawing time.



Day 29

Date:

How do you cope with change in your life?

Do you embrace big or small changes and have there been times you have resisted it?

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Date:

Day 30

Motivation

Create a motivational playlist, songs that put you into a positive mood and encourage you to move more.

1.

2.

3.

4.

5.

Day 31

Date:

Write about your relationship with your parents. What have you learned from them?

Parent 1

Parent 2

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 32

Reflecting On Failure

Write about a time you failed at something.
How did it feel and how did you respond to it?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Day 33

Date:

What does happiness mean to you and what does a happy life look like?

[illegible]

Date:

Day 34

Admiration

Describe someone you admire and why they are important to you. They don't have to be someone you know personally.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small dark smudge or mark near the top center of the page.

Day 35

Date:

What makes you feel inspired?

Date:

Day 36

Happiness Around You

Who is the happiest person you know?

What makes them happy?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 37

Date:

#Inspo

What inspires you?

+	+
+	+
+	+
+	+
+	+

Date:

Day 38

Quick Check-In

Write about your day today.

Morning

Afternoon

Evening

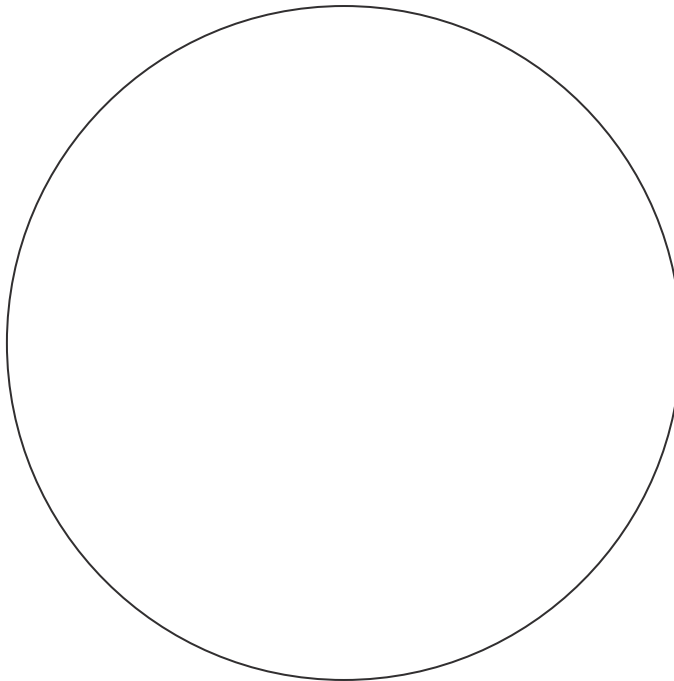
Day 39

Date:

Your Vision

Draw yourself in the circle below.

Write all of the things you love about yourself around the circle.



Date:

Day 40

Who You Are

Describe yourself to a stranger.

Imagine you are speaking about another person.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 41

Date:

Are you a patient person or are you frustrated easily?

Describe a time your patience contributed positively to your wellbeing or growth.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 42

What is your learning style? How do you absorb information best?

How has the way you learn impacted your life, from school until today?

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Day 43

Date:

Positive Mindset

Nominate a positive activity for each of the next five days.

Write how you are feeling after putting time into conscious positive behaviour.

1.

2.

3.



4.

5.

I feel...

Day 44

Date:

Inner Peace

Do you feel comfortable with who you are?
Why or why not?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 45

Coping With Life

Think about ways you let off steam after a bad day or how you cope after a difficult experience. Write about them and explore new positive ideas for when you need them.

My current coping mechanisms:

Positive ideas I can try:

Day 46

Date:

A Skills List

Identify and list five valuable skills you have.

1.

2.

3.

4.

5.

Date:

Day 47

Are you able to communicate your needs and wants to the people around you?

Write about your past experiences & how you can improve your communication skills.

[illegible]

Day 48

Date:

Big Wishes

List five wishes that seem impossible.

Write about what makes them seem so far out of reach for you.

1.

2.

3.

4.

5.

Date:

Day 49

Have you had a belief or perspective in the past that has changed now?

Is there something you currently believe in strongly that might change in the future?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Day 50

Date:

Trust The Timing Of Your Life

Write your thoughts about the quote above.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 51

What is one thing about you that no one knows?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, and the paper appears to be part of a notebook or binder, as evidenced by the dark binding edge visible on the left side.

Day 52

Date:

Big Moments

Is there a life event that affected the direction that you were going or changed the way that you live? What happened and how did that influence where you are now?

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Date:

Day 53

Inspired By...

What makes your heart sing?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no text or other markings on the paper.

Day 54

Date:

Spirituality

Write about what spirituality means to you.

Are there ideas or spiritual practices you would like to explore?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 55

Consider your role in your community - friends, family and home. Write about your contribution within your bubble. What more could you do to connect?

[illegible]

Day 56

Date:

What did you do today to take care of yourself?

Today I...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 57

Is there anything that is holding you back from living your best life?

Write about what they are and how you can overcome them.

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Day 58

Date:

Leading The Pack

What makes a good leader? List the top three qualities you think are important. Consider your own leadership abilities.

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Date:

Day 59

Write a love letter to someone you care for deeply or admire.

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Day 60

Date:

The Sun

When did you last see the sunrise or sunset?

Where were you and how did you feel?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 61

Think about a time that you loved something or someone deeply.
Describe your experience.

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Day 62

Date:

Giving Is Receiving

Do you find it easy to give things away?

Make a list of things that you have given away and how each one made you feel.

+

+

+

+

+

+

+

Date:

Day 63

Describe your relationship with alcohol.

What is the purpose of alcohol in your life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 64

Date:

Changing Times

How has this year been different from last year?

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Date:

Day 65

What are your hopes for next year?

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Day 66

Date:

At Night

Write about your relationship with sleep. Do you get enough sleep? Do you usually wake up well-rested?

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Day 68

Date:

Getting Physical

What do you do to stay physically healthy?

What more would you like to do?

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Date:

Day 69

What do you do to stay emotionally healthy?

What more would you like to do?

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Day 70

Date:

All About You

Do you like yourself?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

Date:

Day 71

What does beautiful mean to you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 72

Date:

Looking Back

Write a letter to a friend describing your life over the last few months. Detail how you have felt in this time and what your hopes are for the future.

Dear

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

From

Date:

Day 73

Write about your mental health journey.

What have you struggled with and what have you overcome?

[illegible]

Day 74

Date:

The Work

How can you start prioritising your mental health?

[illegible]

Date:

Day 75

Do you manage stress well?

What are your strategies for managing stressful moments?

[illegible]

Day 76

Date:

Goals

List five short-term goals and write about how you plan to achieve them.

1.

2.

3.

4.

5.

Notes

Date:

Day 77

Write about a place that has significance to you.
Describe where it is and why it's important to you.

[illegible]

Day 78

Date:

Big Ideas

Ask for what you want right this very minute:

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small blue header area at the top left corner. The paper appears to be a standard notebook or worksheet.

Day 80

Date:

Your Dream Life

Describe your dream life:

[illegible]

Date:

Day 81

Are you happy in your career? How do you feel about where you are at now and where you are going in your current situation?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 82

Date:

Dream Job

Describe your dream job.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 83

Write about your morning routine:

First I...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 84

Date:

A Head Start

List three small things you could change in your morning routine to ensure you are ready for the day. Try to make one of these happen tomorrow morning.

1.

2.

3.

Date:

Day 85

Unwinding

List five things you do to unwind at the end of the day:

1.

2.

3.

4.

5.

Day 86

Date:

Roadblocks

Write about personal hurdles that you have faced in life. How did you overcome these? If you haven't yet, how do you think you can do this in the future?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 87

Think about a person you know who has overcome a big hurdle in their life. Who are they, what happened and how do they inspire you?

Name:

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Day 88

Date:

Gratefulness

What are you grateful for today?

How can you express this gratitude?

I am grateful for...

I can express this by...

Date:

Day 89

Where is your favourite place to get away from it all?

How does getting away from everyday life affect you emotionally?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 90

Date:

So Many Feelings

Describe a time when you felt overwhelmed.
How were you able to move past that feeling?

[illegible]

Date:

Day 91

How do you balance work and home life?

Brainstorm small practical ways to work on this in the future.

[illegible]

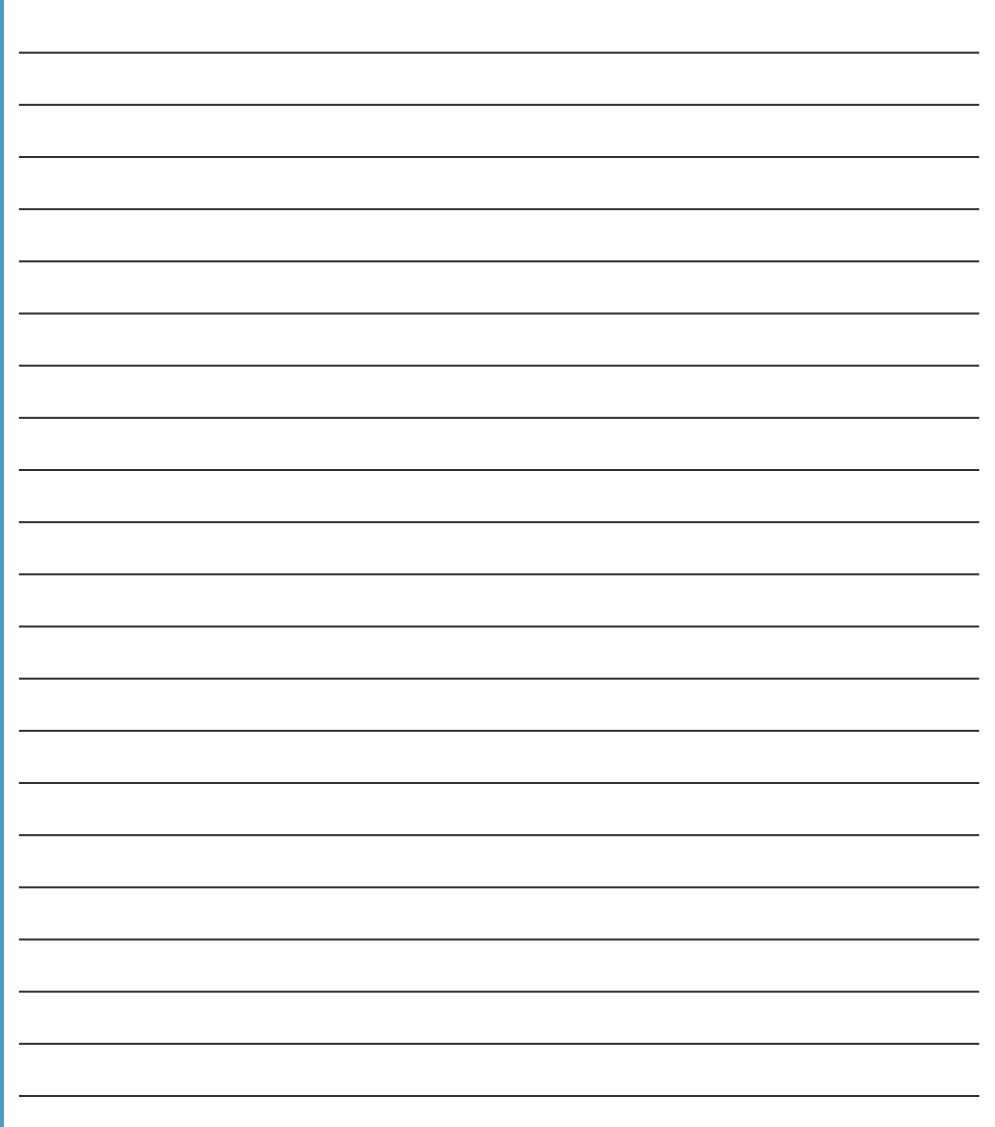
Day 92

Date:

Ideal Life

If money or responsibilities weren't a factor in your current life, what would your life look like? Write about ways you can make that life your reality.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Day 93

Date:

Make a plan to travel (locally or internationally) for a weekend or a few months. Think about where and when, also consider a budget.

[illegible]

Date:

Day 94

Taking A Break

Sit with your thoughts for a while.
Write or draw anything that comes to mind.

Day 95

Date:

Your Soulmate

List the qualities of the person you want to spend your life with.

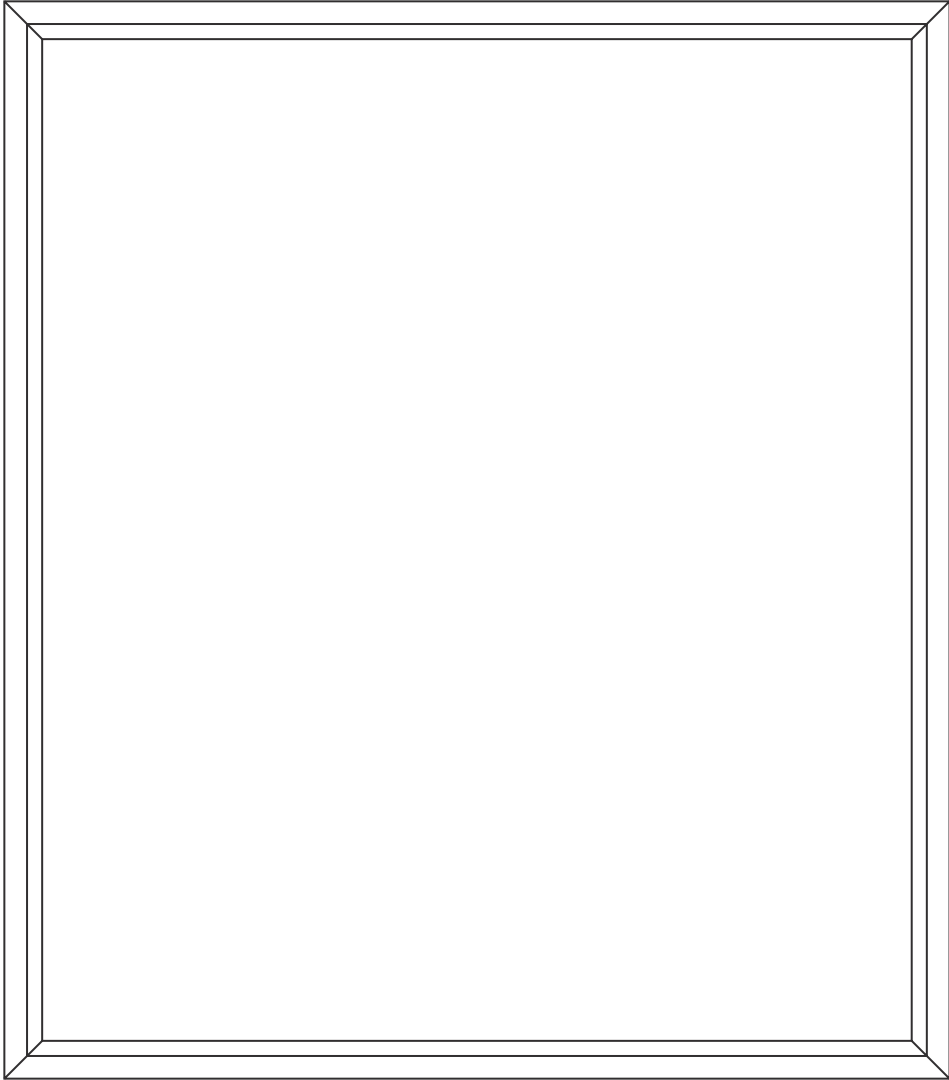
This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small orange tab at the top left corner. The paper appears to be part of a notebook or a set of loose-leaf papers.

Day 97

Date:

Family History

Research your family history and make a small map of your immediate family.



Date:

Day 98

Home Is Where The Heart Is

Think about ways that you can improve the place you live. List five and explore things you can do to make these improvements happen.

1.

2.

3.

4.

5.

Day 99

Date:

Long-Term Goals

List three long term goals and how you can make a plan to achieve them.

1.

2.

3.

Date:

Day 100

Money Money

Write about your relationship with money.

How can you improve your current money situation?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 101

Date:

How do you cope with pressure?

Are there any new strategies you would like to try in the future?

[illegible]

Date:

Day 102

Role Models

Who are your role models in life? How have these people shaped who you are?

1.

2.

3.

Day 103

Date:

Do you think anyone you know sees you as a role model?

Who are they? Describe your relationship with them.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 104

Peace Within

Think about the last time you felt inner peace. What were you doing and how did you stay centred? Brainstorm ways you can tap into those feelings again.

[illegible]

Day 105

Date:

Are you a creative person? What does creativity mean to you?

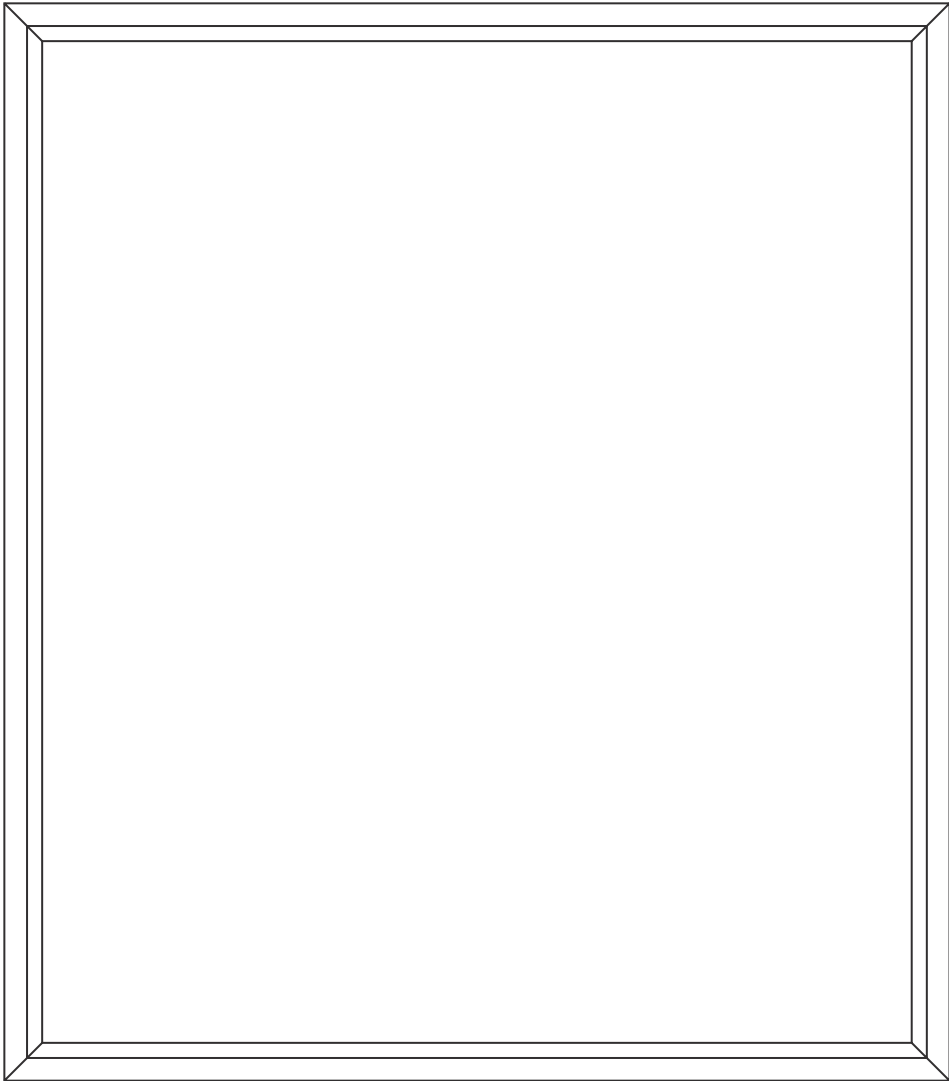
This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 107

Date:

Creative Exercise

Draw something you feel confident about drawing:



Day 109

Date:

Describe a time that you cared for someone else.

How did the experience make you feel? How do you feel about it now?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 110

Your Truth

What does living an 'authentic life' mean to you and what can you do to make it a reality if you haven't already started living this way?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 111

Date:

Describe your relationship with self-doubt and describe strategies to work on this.

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Date:

Day 112

Write a letter to yourself to read at a time when you aren't feeling confident.

Describe your positive traits and actions you can take to make yourself feel good.

Dear

Love from

Love from

Day 113

Date:

List five small wins from this week:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 115

Date:

What new skills have you learned in the last year?

Explore how you can update what you have learned.

[illegible]

Date:

Day 116

Upskilling

Make a plan to learn something new in the next month.

Consider short courses or learning something new from a friend.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 117

Date:

Consider an important choice that you need to make today and write a pros and cons list to really look at the bigger picture.

[illegible]

Date:

Day 118

Self Judgement

What things do you keep judging yourself for?

Write ten things you can do to create more self-acceptance.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 119

Date:

Brainstorm your most important goals and how you can achieve them. Define them and come up with five actions to move forward with them over the next seven days.



1.

2.

3.

4.

5.

Notes

Day 120

Date:

Day 1

Describe how you will take action on one of your goals today.

My Goal:

Today I will take action by...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 121

Describe how you will take action on one of your goals today.

My Goal:

Today I will take action by...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 122

Date:

Day 3

Describe how you will take action on one of your goals today.

My Goal:

Today I will take action by...

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Date:

Day 123

Describe how you will take action on one of your goals today.

My Goal:

Today I will take action by...

[illegible]

Day 124

Date:

Day 5

Describe how you will take action on one of your goals today.

My Goal:

Today I will take action by...

[illegible]

Date:

Day 125

Describe how you will take action on one of your goals today.

My Goal:

Today I will take action by...

[illegible]

Day 126

Date:

Describe how you will take action on one of your goals today.

My Goal:

Today I will take action by...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 127

Your Challenges

Write about three potential challenges that you might have today and detail how you could overcome them when they arise.

1.

2.

3.

Day 128

Date:

Risk-Taking

What is the biggest risk you have ever taken?

[illegible]

Date:

Day 129

What is one past event that you previously perceived as a failure and now perceive as something positive? Why?

[illegible]

Day 130

Date:

Adult Education

If you could go back to school and study anything, what would you study?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Date:

Day 131

Write a resume but include your best characteristics instead of your work history.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 132

Date:

Your Talents

List your two strongest talents and abilities.

How can you use them to help the world around you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 134

Date:

External Ideas

What role do you fulfill in other people's lives?

[illegible]

Date:

Day 135

Do you live to work or work to live?

How does this perspective serve your life?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 136

Date:

Hypothetical

If you won a million dollars today, what would be your plan?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 137

What are some important recent events in your life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 138

Date:

A Purposeful Life

Write about one thing you can do today to take action towards living a purposeful life.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small orange tab at the top left corner. The paper appears to be a standard notebook or worksheet.

Date:

Day 139

My life is most ideal when...

[illegible]

Day 140

Date:

List five things your friends and family love about you:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 141

Is there a lie that you have told yourself?

What's one story you could start to tell yourself instead?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 142

Date:

#Shelfie

What is your favourite book? Why?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 143

Can you take something you are already good at and do something different using those skills? Write about it...

[illegible]

Day 144

Date:

The Big One

What is the one major milestone that you think will make your life a 'successful' one?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 145

I feel most alive when...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 146

Date:

Lose Yourself

What is the one thing that you did recently that made you lose track of time?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 148

Date:

Proud Of Me

Describe your proudest moment.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 149

Looking To The Future

Make a plan to have an exciting experience in the next twelve months.

What will it be?

How much time and money will you have to invest in it?

How will this experience enrich your life?

Notes & Ideas:

Day 150

Date:

Positive Actions

What can you do to help others today?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 151

Do you see the glass half full or half empty?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 152

Date:

Procrastination

Write about your relationship with procrastination.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small dark smudge or mark near the top center of the page. The paper appears to be part of a notebook or a set of loose-leaf papers.

Date:

Day 153

Write about something small that you feel excited about today.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

Day 154

Date:

Write About It

Today I feel happy about...

[illegible]

Date:

Day 155

How can you work smarter and not harder in your current job?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 156

Date:

Personal Weaknesses

What is a weakness that you have?

How can you work on that today and in the near future?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 157

Your Passions

List three things you feel passionate about at the moment.

1.

2.

3.

Day 158

Date:

Disinterest

What activities or tasks do you find the most boring or unbearable?

[illegible]

Date:

Day 159

Write about your relationship with self-discipline in all areas of your life.

[illegible]

Day 160

Date:

Success Is About The Journey, Not The Goal

Write your thoughts about the quote above.

[illegible]

Date:

Day 161

What is your biggest productivity killer and how can you work on this?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 162

Date:

Manifesting

Draw or paste images below to create a 'manifesting' vision board for the things you want to see come to fruition in your future.

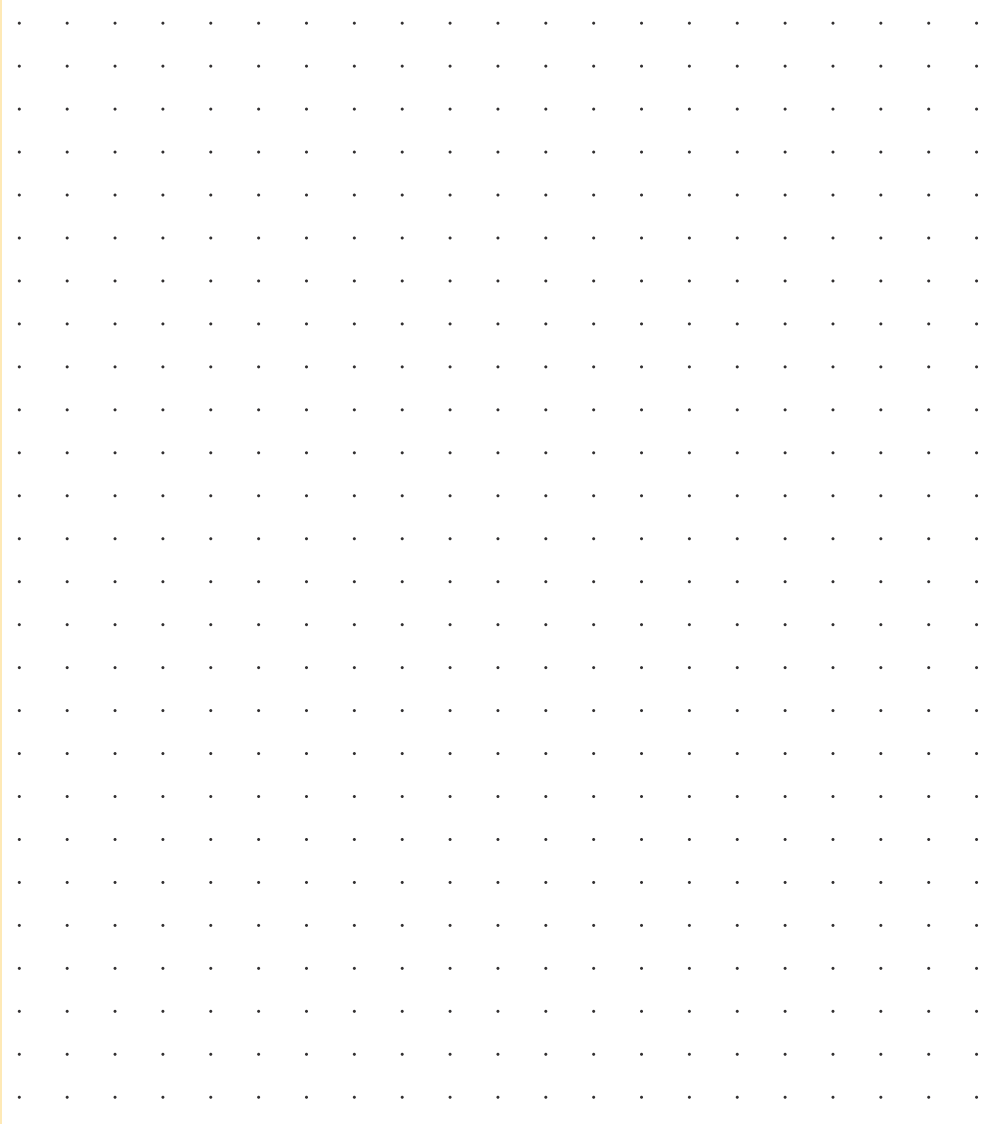


Day 163

Date:

Visual Motivation

Change your phone/computer screen background to a motivational image or message today. What will it be?



Date:

Day 164

Avoiding Burnout

List actions you can take this week to care for your emotional and mental wellness.

+

+

+

+

+

Day 165

Date:

Five Days Of Meditation

Take time today to think about your relationship with mindfulness and meditation. Write about it and make notes for the next five days of mindful meditation activities.

My relationship with meditation:

Notes:

Meditation can help you learn to stay centered and keep inner peace.

Date:

Day 166

Meditation: Day 1

Take two minutes to sit quietly and watch your thoughts as they float through your mind. Don't judge them, just watch them and notice. What thoughts came to your mind?

Day 167

Date:

Take five minutes to sit quietly and watch your thoughts as they float through your mind. Don't judge them, just watch them and notice. What thoughts came to your mind?

Day 169

Date:

Take fifteen minutes to sit quietly and watch your thoughts as they float through your mind. Don't judge them, just watch them and notice. What thoughts came to your mind?

Date:

Day 170

Meditation: Day 5

Take twenty minutes to sit quietly and watch your thoughts as they float through your mind. Don't judge them, just watch them and notice. What thoughts came to your mind?

Day 171

Date:

What can you do today to get closer to a happier life?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

Date:

Day 172

Habitual Behaviour

Write about your worst habit. How can you work on this today?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Day 173

Date:

I am currently struggling with...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The top edge of the paper is slightly irregular, like a torn piece of paper.

Date:

Day 174

Thinking Ahead

Write a list of priorities for this week:

[illegible]

Day 175

Date:

Take time today to indulge in a daydream about achieving one of your wildest dreams...

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small blue header area at the top left corner. The paper appears to be a standard notebook or worksheet.

Date:

Day 176

Reflection On Today

Celebrate a small achievement from today.

What was it and how do you feel about it?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 177

Date:

Sit and watch the view from your window for ten minutes today. Think about what brought you to the place you are in now and how that has changed you.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 178

Be Real

Try to tell it 'as it is' today. Be forthright and stand up for yourself. How did it go? Did you notice any responses to this change?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

Day 179

Date:

Big Plans

Plan your dream holiday.

Where are you going and what are you doing while you're there? Who else is there?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 180

New Habits

What is a habit you can take up today to improve your life?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small orange tab at the top left corner. The paper appears to be part of a notebook or binder.

Day 181

Date:

Showing Thanks

Write a thank you letter to someone you care for or admire.

Dear

Thank your for...

From

Date:

Day 182

Taking Care Of You

In which ways do you reward yourself?

1.

2.

3.

4.

5.

Day 183

Date:

Describe a life-changing moment you have had.

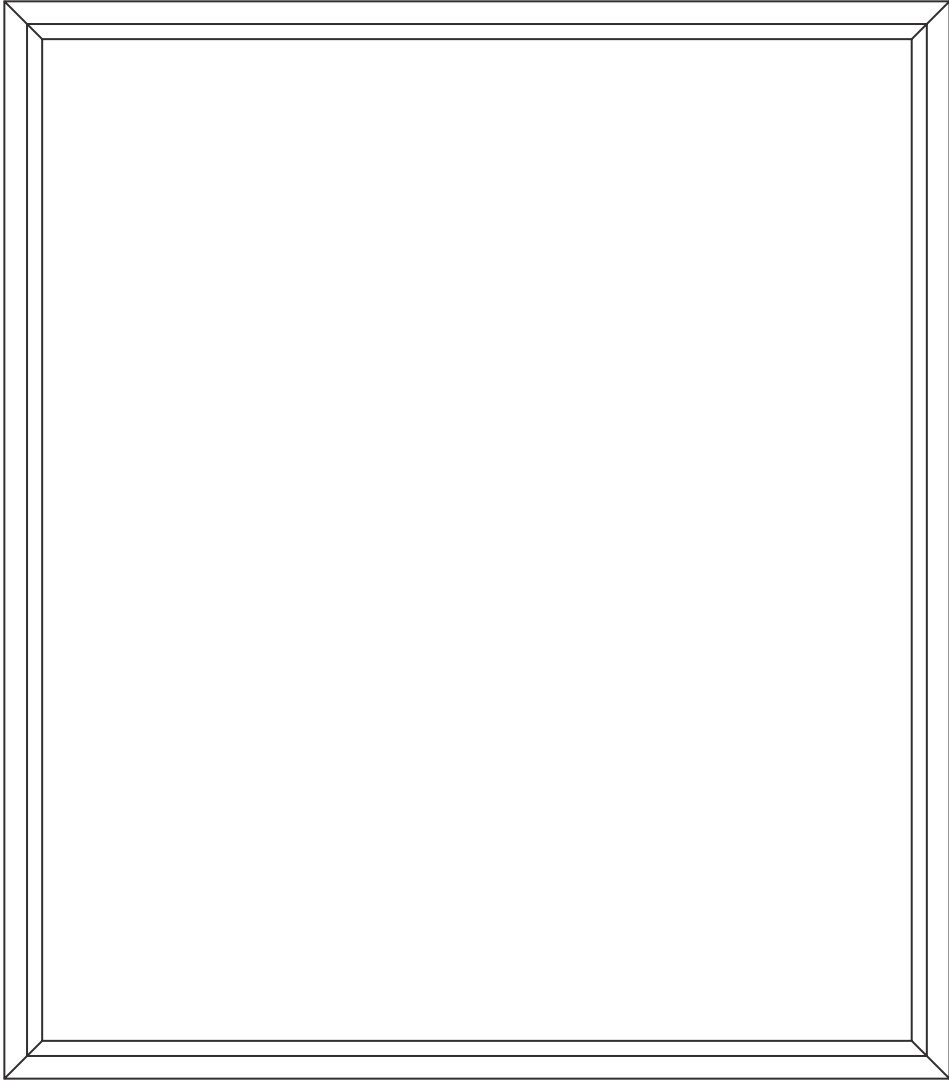
This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 185

Date:

Inspired By...

If you could tattoo an inspiring quote on yourself, what would it be?



Date:

Day 186

Important Hobbies

Describe your hobbies and what they mean to you.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 187

Date:

What hobbies do you wish you could get into now?

What is stopping you from starting them?

[illegible]

Date:

Day 188

Letting It Out

Write about the last time you cried (or an important time that you cried).

How did you feel?

I cried when...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 189

Date:

Do you make decisions with your heart or your head?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 190

Core Values

Make a list of your core values.

How can you make changes in your life to live more in alignment with them?

1.

2.

3.

4.

5.

Day 191

Date:

Reading List

Make a list of books you would like to read. Write their names and why you would like to read them. Choose one and start reading it today.

+

+

+

+

+

+

+

Date:

Day 192

Acknowledging You

What are things you do better than the people around you?

[illegible]

Day 193

Date:

Being Honest

What's one toxic thing (or person) in your life you need to let go of?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small orange tab at the top left corner. The paper appears to be part of a notebook or a set of loose-leaf papers.

Date:

Day 194

Write About It

What is a skill you have that would come as a surprise to others?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 195

Date:

Write your thoughts about the quote above.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

Date:

Day 196

Getting Those Goals

How can you work on your goals today?

[illegible]

Day 197

Date:

Calming Playlist

Take time today to make and save a music playlist for stressful times.
Ensure the songs are positive and motivating for you.

Track No. 1

Track No. 2

Track No. 3

Track No. 4

Track No. 5

Track No. 6

Day 199

Date:

What keeps you awake at night?

[illegible]

Date:

Day 200

Problem Solving

Think of the last time you solved a problem.

How did you do it and what can/did you learn from this experience?

[illegible]

Day 201

Date:

Do you ever hold yourself back from opportunities because of fear of failure? Why?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 202

Learning From Others

What is the best advice someone has given you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 203

Date:

What support do you need that could make your life easier?

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 204

Write About It

Write about the person you want to be.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 205

Date:

What is one of your earliest memories?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, followed by several rows of writing space. The paper appears to be from a notebook or a standard sheet of stationery.

Date:

Day 206

Close Relationships

How often do you make time for friends and family?

When you do spend time with them, how do you feel afterward?

[illegible]

Day 207

Date:

What is an assumption people tend to make about you?

[illegible]

Day 209

Date:

If you could only keep three things you have, what would they be and why?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 211

Date:

How do you handle conflict? What is your arguing style?

How do you handle losing an argument?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 213

Date:

List five things you want to have accomplished before your next milestone birthday.

[illegible]

Date:

Day 214

Productivity Plus

What makes you feel productive & unproductive?

I feel productive when...

I feel unproductive when...

[illegible]

Day 215

Date:

What actions can you take today to simplify your life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 216

Reflecting On You

When do you feel most in tune with yourself?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 217

Date:

How do you spend your Sundays? How can you improve your Sunday evening routine to ensure a more productive week ahead?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 218

Slowing Down

Spend an hour making something with your hands today.

What will you make, how will you make it and what resources do you need to make it?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 219

Date:

What do you want to do with your free time today?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, and the paper appears to be from a notebook or a standard sheet of stationery. The lighting is even, and there are no markings or text on the paper.

Date:

Day 220

Brain Dump

Set a two minute timer and write down whatever comes to your mind.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 221

Date:

Exploring Spirituality

Write about your experience with faith and spirituality.

[illegible]

Date:

Day 222

Holding On

Write about one thing that you could never let go of.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Day 223

Date:

If you could redo yesterday, what would you do differently?

[illegible]

Day 225

Date:

What is something you have always wanted to do, but are too scared to try?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 226

Thinking On Regret

What is something you regret not doing?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 227

Date:

Clean Slate

Make a stream of consciousness flow chart, start with the first thing in your mind and keep writing down your thoughts until you feel ready to stop.



Day 228

Date:

Affirmation Time

List positive affirmations you can tell yourself when negative thoughts arise.

[illegible]

Date:

Day 229

What is a flaw that you have and how can you begin to look at it in a more positive light?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, followed by several rows of lines for writing. The bottom of the page has a few more lines before ending. The overall appearance is that of a standard notebook or worksheet page.

Day 230

Date:

Finish This Sentence

I feel peaceful when...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 231

What cheers you up on a bad day?

[illegible]

Day 232

Date:

Making Change

What areas of your life are you dissatisfied with today and why?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 233

What areas of your life are you satisfied with right now and why?

[illegible]

Day 234

Date:

Reflecting On Time-Wasting

What negative activity do you waste the most time on during the week?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 235

Imagination Time

If you had a superpower, what would it be and why?

[illegible]

Day 236

Date:

Things That Have Inspired You

Write about some of your childhood interests & influences.
Are any of these still important to you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 237

Have you ever been in love? Who with? How and when did you know?

Write about it...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 238

Date:

Do you currently consider yourself successful? Why or why not?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 239

Share something personal with someone you are close to, observe their response and write about what you learned.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 240

Date:

Fixed Ideas

What is something you absolutely know to be true?

[illegible]

Date:

Day 241

What is a toxic mindset that you need to drop and how does it affect you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 242

Date:

Writing About Feelings

Describe your relationship with anger and/or resentment.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 244

Date:

How We Handle Things We Can't Change

Write about the greatest responsibility you have and how you handle it.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 246

Date:

Personal Insecurities

What is your biggest insecurity? Where do you think it stems from?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 247

What bad habits are making you feel unhappy lately? How can you shift them?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 248

Date:

Point It Out

Write about a part of your life that requires reflection and organisation. Take a few steps today to make this change happen.

[illegible]

Date:

Day 249

A Quick Check-In

Using only five words per prompt, describe your day.

Morning

Noon

Night

Day 250

Date:

Inspired By...

What are your favourites and why?

Food

Movie

Song

Colour

Animal

Date:

Day 251

What do you think makes a 'good person'?

Do you feel like you are a good person?

[illegible]

Day 252

Date:

Gratefulness

In this moment, what are three things you are grateful for?

1.

2.

3.

Date:

Day 253

Write about a lesson you learned recently.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 254

Date:

Lateral Thinking

Use the next two minutes to instinctively draw something in the room you are in now.



Day 256

Date:

Reflecting On Small Things

What small things would you do differently in your past if given a second chance?

[illegible]

Date:

Day 257

If you could go anywhere in the world, where would it be and why?

[illegible]

Day 258

Date:

Important Causes

What are some causes you feel passionate about and why?

Make a plan to contribute toward one of these causes today.

[illegible]

Date:

Day 259

What does your ideal world look like?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 260

Date:

A Happy Moment

What has made you smile today?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The top of the page has a light blue header area. The overall appearance is that of a standard notebook or composition paper.

Date:

Day 261

List your biggest pet peeves and why you think they bother you.

[illegible]

Day 262

Date:

Past Experiences

What past experiences are you most thankful for? Why?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 264

Date:

Non-Negotiable Habits

What are three of your daily non-negotiable habits or behaviours?
Do they align with your current goals?

1.

2.

3.

Date:

Day 265

Healthy Habits

What healthy daily habits could you incorporate into your day?

1.

2.

3.

4.

5.

Day 266

Date:

Negative Beliefs

What negative beliefs do you hold about your abilities?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 268

Date:

Self Goals

Immediately jot down all of the goals you have for yourself.

No commitment – just get them on paper.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 269

What is the bravest thing that you have ever done?

What did you get out of doing it?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 270

Date:

Taking Time For You

When was the last time you sat down and took time to really notice your thoughts in the moment and the way you feel? How can you do this more often?

[illegible]

Day 272

Date:

Your Passions

What is your favourite topic to talk about?

[illegible]

Date:

Day 273

What is bothering you today?

Day 274

Date:

Self Expression

What did you do today to express what you really feel and think?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 275

What is something that you are doing really well at the moment for your own success?

[illegible]

Day 276

Date:

Do You Feel Lucky?

How much has luck played a part in your life?

[illegible]

Day 278

Date:

Seeking Help

How comfortable are you asking for help when you are faced with a challenge?

[illegible]

Date:

Day 279

How much personal time do you need each week to function well and feel happy?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

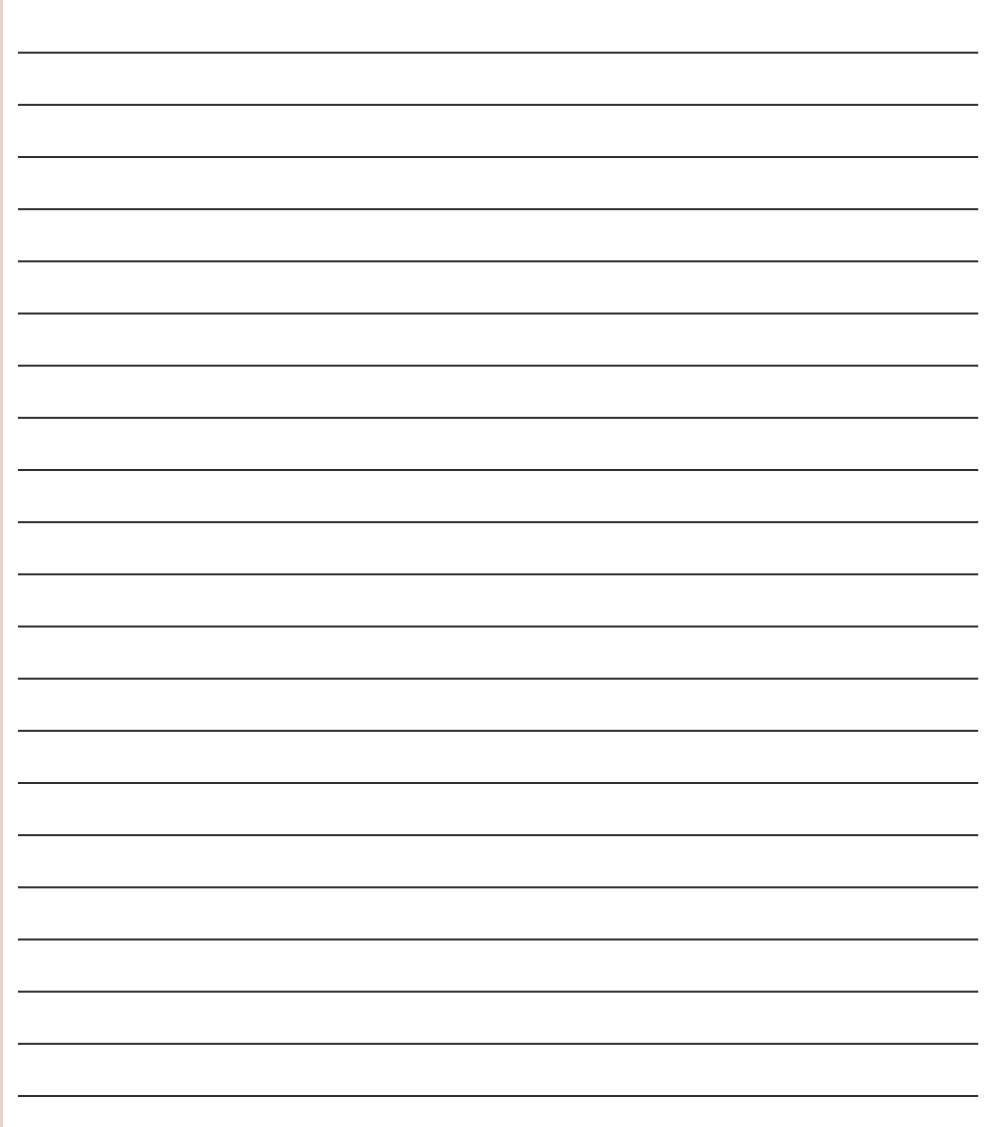
Day 280

Date:

Reflections

Write about an experience where you found yourself wasting time, money or energy. How did it feel at the time and what have you learned from this experience?

[illegible]



Day 281

Date:

How much do you trust yourself?

Do you listen to others before you listen to your intuition?

[illegible]

Date:

Day 282

Looking Inward

What does your inner critic tell you? How does it stop you from moving forward in life?

[illegible]

Day 283

Date:

What type of pace and energy do you thrive in?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

Date:

Day 284

Everyone Is Different

Do you have a unique perspective on the world?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 285

Date:

What could you give a ten-minute speech on with no preparation?

[illegible]

Day 287

Date:

Take an hour to revisit a hobby or activity you have stopped doing.

How would it feel to go back to it and how can you make a plan to do that?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 288

Notes On Success

What is something that is currently holding you back from success?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 289

Date:

What is your biggest personal priority for today? How will you work on it?

[illegible]

Date:

Day 290

Write About It

This time next year, I want to...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 291

Date:

Write your thoughts about the quote above.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small orange tab at the top left corner. The paper appears to be from a notebook or a set of legal pads.

Day 293

Date:

What excuses did you make today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 294

What changes have you undergone that you thought were impossible five years ago?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 295

Date:

Roadblocks

What is something that you find difficult to do?
List ways you can find support to get them done.

I find it difficult to...

Places I can find support:

Date:

Day 296

Identifying Triggers

What are some emotions you experience most often and what brings them about?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 297

Date:

What can you do with your time today that will impact your future for the better?

[illegible]

Date:

Day 298

On Your Mind

Is there an important conversation that needs to be had or something you felt like you couldn't say in the past? Say it now...

[illegible]

Day 299

Date:

Today I struggled with...

[illegible]

Day 301

Date:

Set a five-minute timer and write down whatever comes to your mind.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 302

Identifying Stress

Write about something that has been causing you stress recently.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 303

Date:

Taking Time For You

Make a list of activities you have always wanted to try.
Put time and effort into at least one of them today.

1.

2.

3.

4.

5.

Date:

Day 304

All About You

Do you prefer being independent or collaborating with others?

[illegible]

Day 305

Date:

What Is Important?

Do you think it's more beneficial to follow your passion or your skills?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 307

Date:

When I am bored, I usually...

Date:

Day 308

Do you consider yourself more creative, analytical or a mix of both?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 309

Date:

Describe an event that changed you for the better.
What happened and how did your life change?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



A series of horizontal lines for writing, set against a pink background with a geometric star pattern in the top right corner.

Day 310

Date:

My Life

What part of your life still feels like it is a work in progress?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 311

What was the happiest time of your life and what were you doing?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 312

Date:

My Passions

If you could do one thing all day, what would it be?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 313

What is the most interesting part about me?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 314

Date:

Acceptance

How can you accept your mistakes, insecurities and flaws?

[illegible]

Date:

Day 315

What area of your life do you feel is lacking the most? For example, your social life, your career, at home or your emotional, physical or mental wellbeing.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

Day 316

Date:

Personal Traits

Are you more introverted, extroverted or a combination of both?

[illegible]

Date:

Day 317

What types of advice do people always come to you for?

[illegible]

Day 318

Date:

Moving Forward

In what ways are you gaining more clarity on the direction of your life as you get older?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Date:

Day 319

Life Balance

Are you handling all the obligations in your life well?

Where do you find yourself struggling most?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 320

Date:

Boundaries

What boundaries could you put in place to create more balance in your life?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 321

Good Habits

List good habits you would like to start and bad habits you would like to stop.

The Good

+

+

+

+

+

+

The Bad

+

+

+

+

+

+

Day 322

Date:

What is something you wish you could cut out of your life?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 323

Write about something you have recently tried to manifest that didn't work out. What can you learn from this experience?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The top edge of the paper is slightly irregular, like a torn piece of paper.

Day 324

Date:

Smooth Sailing

Write about something you have recently tried to manifest that worked out. How do you feel about that experience?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 325

Do you think you place high or low expectations on yourself?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. On the left side, there is a vertical margin line, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet.

Day 326

Date:

Black-Out Exercise

Take time today to do a screen time blackout.

How has it affected you and how has it improved your day?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 327

Touch base with someone who inspires you today.
How did the interaction go? What did you take from it?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 328

Date:

Reflecting On You

How do you tackle a problem? Do you tend to avoid it or tackle it head-on?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 329

Energy & Focus

Do you ever get into a 'flow state' where you experience peak focus?

What things set you up for getting into a flow state?

+

+

+

+

+

+

+

Day 330

Date:

Thoughts & Ideas

Organise your thoughts here:

Date:

Day 331

Did you take a chance today?

What did you do? Did it challenge you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 332

Date:

Taking The Long Road

Write about a lesson you had to learn the hard way.
Was it worth the trouble?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 333

Conflicting Ideas

What is a belief that you hold with which many people disagree?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 334

Date:

Your Biggest Challenge

Write about your greatest challenge. If it seems too big to overcome, how can you make slow changes over time to reduce its impact on your life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 335

What will matter to you the most when you are eighty years old?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

Day 336

Date:

What Lifts Me Up

What lifts your spirits when life gets you down?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice. There are no margins, text, or other markings on the paper.

Date:

Day 337

Do you ask enough questions or do you settle for what you know?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 338

Date:

Express Your Emotions

Write a list of things you feel strongly about today.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 339

What problems in your life do you wish you could solve today?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 340

Date:

All The Good Things

List ten things you feel positive about today.

1.

2.

3.

4.

5.



6.

7.

8.

9.

10.

Day 341

Date:

Make a plan to take a nature walk.

Explore the benefits of taking time to be in nature.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

Day 343

Date:

Make a list of activities that emotionally drain you the most.

[illegible]

Date:

Day 344

What Energises You

Make a list of activities that energise you the most.

1.

2.

3.

4.

5.

Day 345

Date:

Are you a bigger fan of hustle and bustle or do you prefer peace and quiet?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 346

New Goals

List five new short term goals and write about how you plan to achieve them.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small dark smudge or mark near the top center of the page. The paper appears to be part of a notebook or a set of loose-leaf papers.

Day 347

Date:

Write About It

When I am alone, I feel...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small orange tab at the top left corner. The paper appears to be from a notebook or a set of legal pads.

Date:

Day 348

Learning From The Past

How do you feel about the last mistake you made and what did you learn from it?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 349

Date:

Where would you be if you managed to accomplish all of your goals?

[illegible]

Date:

Day 350

Moving Through

How can you remove possible barriers to accomplish an important goal today?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 351

Date:

If you could invent something, what would it be?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small red rectangular mark at the top left corner, likely from a staple or clip. The paper appears to be part of a notebook or binder.

Date:

Day 352

Staying Inspired

What did you do today to motivate and inspire yourself?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 353

Date:

What's something that you need to say out loud but don't have the courage to yet?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

Day 355

Date:

Write about something you love...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 356

You've Changed

What is something that was important to you five years ago that no longer is?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 357

Date:

Quick Check In

Using only five words per prompt, describe your day.

Morning

Noon

Night

Date:

Day 358

Stop & Think

Be present with yourself. Describe in detail, your current surroundings.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 359

Date:

Write your thoughts about the quote above.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, and the paper appears to be from a notebook or a standard sheet of stationery. The lighting is even, and there are no markings or text on the paper.

Date:

Day 360

Inspired By...

Write about a book or movie that had a positive impact on your life.
How did it change you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 361

Date:

What is one new thing you learned in this past week?

[illegible]

Date:

Day 362

Looking For More

What do you think you need more of in your life right now?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 363

Date:

What is going great in your life right now?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 364

Date:

Using one or more of the following words: Progress, Success, Change, write down whatever comes to mind.

[illegible]

Date:

Day 365

Tomorrow, I'm finally going to...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 366

Date:

Action Now!

What single action could you take today toward living a more purposeful life?

[illegible]

My Reflection

Write or draw a little reflection about your journey of purpose here.



WE ONLY REGRET
THE CHANCES
WE DIDN'T TAKE