

## JOURNAL TOPICS



## Relationships... (romantic)

- I wish my ex-girl/boyfriend \_\_\_\_ knew...
- The things I want for myself are...
- The one thing I want to let go of...
- My need to be loved is...
- Qualities of a perfect guy/girl...
- I can help \_\_\_\_'s stress by...
- My partner needs to...
- My neediness in relationships stems from...
- The things I want to work on are...
- The qualities I bring to a (company) or (name of a person) are...
- My next partner will be...
- The things I learned from (use for past relationships or just broke up)...
- \_\_\_\_ (person, place or thing) has taught me...
- I feel unsettled (lonely, bored, etc.) because...
- The wife/mother I want to be is...
- This journey is (divorce or elements that have positive or negative side)...
- What I want for myself as it pertains to \_\_\_\_ (another person having trouble with)
- When I say nice things, \_\_\_\_ (person)...
- This week our social outing will be...
- I want to feel...
- I look forward to married life because...
- My negative thoughts stem from...
- When I visualize my wedding I see...
- Qualities of a perfect mate are...
- The reasons I can't be with (person)...
- The uncomfortable conversation I want to have with \_\_\_\_ is...
- My fear of not providing comes from...
- My uncertainty comes from...
- The good reasons for being alone for a while are...
- I know I would be happier if...

## Relationships... (family/friends)

- My mom rents free space in my head because...
- Wish my (mom) knew...
- My closest friends are... and they are because...
- \_\_\_\_ are my closest friends because...
- Over the past week I caught myself before negative talk...
- The one thing I want to let go of...
- The things I want to work on are...
- My social activity for the weekend...
- What is healthiest as it pertains to \_\_\_\_ (another person having trouble with)...
- Four things I want to ensure to express to \_\_\_\_ are (spouse or friend/family)...
- My next girl/guy outing will be...
- This week our social outing will be...
- I want to feel...
- My guilty feelings toward my family are...
- I am okay even when \_\_\_\_ (someone does something)...
- The things I have decided to let go of are...

## Spiritual...

- My relationship with God is...
- My gratitude comes from...
- The three things I want to do before I die...
- My uncertainty comes from...
- I know I would be happier if...
- The things I am grateful for today are...
- The things in my life I can and can't control...
- Some of the things that bring me peace...

## Children...

- The things I want to work on with them are...
- When I'm gone I want my kids to say...
- \_\_\_\_ has taught me (a person)...
- The wife/mother I want to be is...
- What I want for myself as it pertains to (career, love, husband, etc.)...
- What is healthiest as it pertains to \_\_\_\_ (another person having trouble with)...
- What I want my children to learn from me about money...
- Four things I want to ensure to express to \_\_\_\_ are (child)...
- When I say nice things \_\_\_\_ (person)....
- The uncomfortable conversation I want to have with \_\_\_\_ is...
- My fear of not providing comes from...
- I can help \_\_\_\_'s stress by...
- My uncertainty comes from...
- The things I have decided to let go of are...
- The good reasons for being alone for a while are (when children leave the nest)...

## Finances...

- The things I want for myself are...
- Financially I want to be...
- The things I want to work on are...
- Ways to cut simple spending are...
- My fear of success comes from...
- What I want for myself as it pertains to (career, love, and husband)...
- I want to feel...
- My negative thoughts stem from...
- Success means to me...
- My fear of not providing comes from...
- I feel I can be successful because...
- My uncertainty comes from...
- The things I have decided to let go of are...

## Work...

- First Speaking Engagement to promote myself...
- I lost my motivation because...
- Success means to me...
- I feel I can be successful because...
- As a good leader I want to continue...
- The way I can use my \_\_\_\_\_ skills in a career are...
- My public speaking skills can be used...
- My dream profession will include...
- The things I want for myself are...
- The way I can instill creativity in others is...
- I thrive when...
- When I sell the business I will...
- In a job I want passion for...
- My perfectionism stems from...
- The things I want to work on are...
- The qualities I bring to a (company or name of a person)...
- I feel unsettled (lonely, bored, etc.) because...
- I want my own office space because...
- When I go to work I want to feel...
- What I want for myself as it pertains to (career, love, and husband)...
- What is healthiest as it pertains to blank (another person having trouble with)...
- I feel proud when...
- What makes a job fulfilling....
- My negative thoughts stem from...
- The uncomfortable conversation I want to have with \_\_\_\_\_ is ....
- I want to be creative by....
- The 2 projects I want to accomplish before I come back in are....
- My fear of success comes from....
- My uncertainty comes from...
- The things I have decided to let go of are...

## Self Actualization...

- Before the end of the year I want to...
- What is different about me now (good towards last session)?...
- My positive reinforcement today comes from...
- Over the past week I caught myself before negative talk...
- The things I want for myself are...
- The things I Love about me are...
- The ways I want to give back to the world are...
- My energy comes from...
- I thrive when...
- The things I like about myself...
- The balance I have today is...
- The 5 things I want out of life are...
- As I see myself in the moment I see...
- My life runs better when...
- The emotions I want to learn to express are...
- I forgive myself for...
- I feel proud when...
- What matters to me most is...
- I feel I am worthy of...
- The things that make me truly happy...
- When I think of my future I think...
- The things that make me feel best are...
- When I see myself in 1 year I see...
- Today I want...
- I know I would be happier if...
- The things I am grateful for today are... and they bring me gratitude because...
- The things in my life I can control...
- I know I would be happier if...
- The things I want to do for me to improve...
- The behaviors I want to give up are...
- Some of the things that bring me peace...

## Health/Beauty...

- I lost my motivation because...
- My perfectionism stems from...
- Over the past week I caught myself before negative talk...
- The one thing I want to let go of...
- The things I want to work on are...
- The things I like about myself...
- My work out routine will include...
- Before the end of the year I want to...
- The first healthy habit I want to start is...
- I enjoy exercise because...
- When I eat healthy...
- I feel proud when...
- My food slips have been...
- My new training commitment is...
- My new food plan is...
- My new cardio plan is...
- My association with food comes from...
- I want to feel...
- After losing 5 pounds I will...
- My body image is...
- My negative thoughts stem from...
- The things I love about my body are...
- I am uncomfortable with my body when...
- Things I like are...
- What I want to accomplish in the next 10 days...
- My purpose in life is...
- My gratitude comes from...
- The things I have decided to let go of are...

## Time/Vacation...

- My energy comes from...
- My days go best when...
- The things I want to work on are...
- My fear of procrastination comes from...
- My next week vacation will include...
- Other place I want to travel soon...
- Before the end of the year I want to ...
- My social activity for the weekend...
- My days go best when...
- My ideal week/day is...
- With my stay-cation I can participate in...
- My life runs better when...
- My next girl/guy outing will be...
- This week our social outing will be...
- I want to feel...
- My days flow best when...
- My goal for the summer is to...
- I want my evening preparation to include...
- My next fun day will be...
- The things I have decided to let go of are...
- When I think of blank in my future I think...
- Over the last week times I was content ...

## Home/Location...

- I will be ready to move once...
- The new location I want to live in is...
- If I moved back to (blank) I would...
- What are the positive of moving somewhere else...
- The things I want to work on are...
- My first house project will be...
- I want my own office space because...
- What I want for myself as it pertains to (career, love, husband, home)...
- I want to feel...
- My worry free zone in my house is...
- The 2 projects I want to accomplish before I come back in are...
- My next de-cluttering project is...
- I will feel my house getting simplified when...
- I want to be creative by...
- The things I have decided to let go of are...

## Scholastic...

- The name or subject of my book will be...
- My study habits have been...
- On this day my reading encompassed (when reading meditation book)...
- What I want for myself as it pertains to (career, love, husband etc.)...
- The 2 projects I want to accomplish before I come back in are...
- I want to be creative by...



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