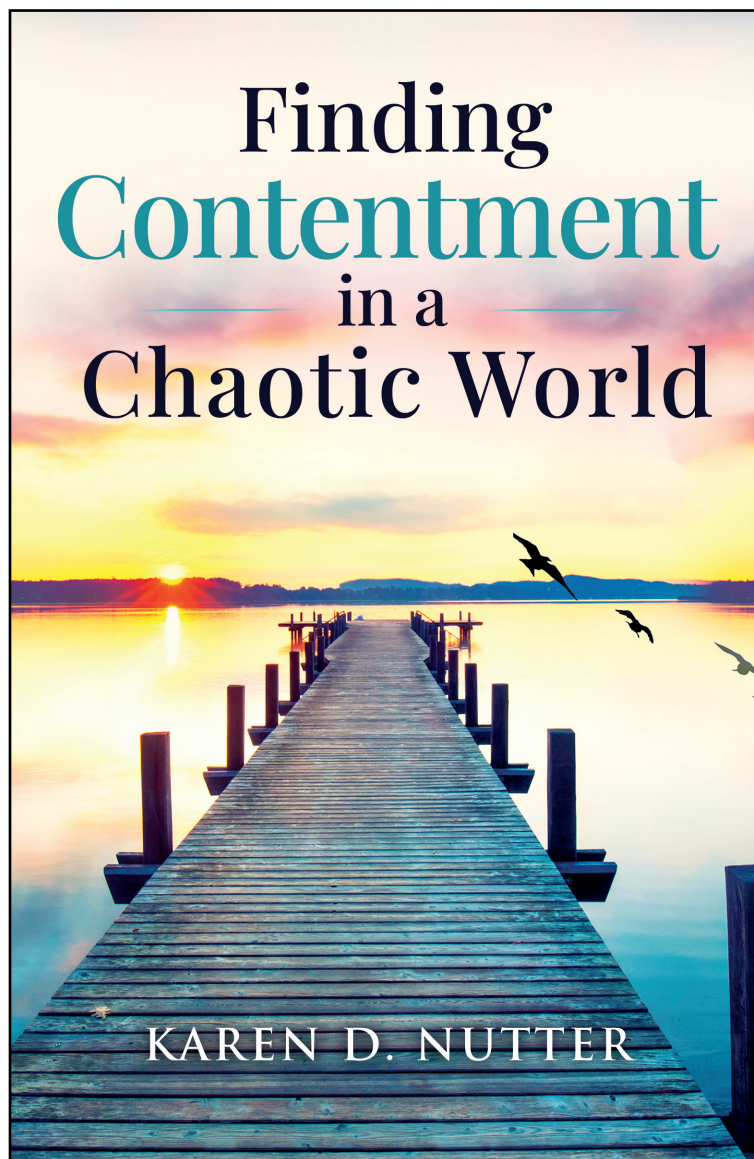




# JOURNALING TOPICS

For Karen Nutter's Latest Book



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# INSTRUCTIONS FOR USE



Karen D. Nutter, Author of Finding Contentment in a Chaotic World and The Power of EQ: Stronger Leadership Through Emotional Intelligence.

Journaling is an important tool to help you work through overwhelming emotions or negative thoughts you are trying to process. Journaling can help you manage anxiety, reduce stress and cope with depression. Taking the time to make it a part of your daily routine can help you identify triggers and learn ways to better control them and provide an opportunity for positive self-talk.

One of the common reasons people tell me they don't journal is because they don't have a clue what to write about and how to use what they've written for self-improvement and more positive, productive communication in their professional life.

Here are some topics that may be relevant for you to explore and some questions that will give you the opportunity to develop some insight into why you are thinking and feeling this way.

This is a chance to get to know yourself and your thoughts better so you can create a successful, rewarding life that benefits you and the people around you.

## RELATIONSHIPS (Romantic)

I wish my ex-girlfriend \_\_\_\_\_ 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 stem from...

The things I want to work on are...

The things I have decided to let go of are....

The qualities I bring to a (company) or (name of a person)...

My next partner will be...

The things I learned from (use for past relationships or just broke up)...

\_\_\_\_\_ has taught me (a person, place or thing)...

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 (career, love, and husband)...

What is healthiest as it pertains to \_\_\_\_\_ (another person having trouble with)...

Four things I want to ensure to express to \_\_\_\_\_ are (spouse or significant other)...

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...

I am okay even when \_\_\_\_\_ (someone does something)...

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 Or Friends)

My mom rents free space in my head because...

Wish my (mom) knew...

My closest friends are... and they are because...

My neediness in relationships stem from...

\_\_\_\_\_ 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...

The things I learned from (use for past relationships or just broke up)...

The qualities I bring to a (company or name of a person)...

\_\_\_\_\_ has taught me (a person, place or thing)...

My social activity for the weekend...

What I want for myself as it pertains to (career, love, and husband)...

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)...

When I say nice things \_\_\_\_\_ (person)...

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...

My negative thoughts stem from...

I am okay even when \_\_\_\_\_ (someone does something)...

The uncomfortable conversation I want to have with \_\_\_\_\_ is...

I can help \_\_\_\_\_'s stress by...

The things I have decided to let go of are...

The good reasons for being alone for a while are...

# 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...

Self-actualization

Before the end of the year I want to...

What is different about me now (good towards last session)?...

The things I want to work on are...

My mom rents free space in my head because...

I lost my motivation because...

The way I can instill creativity in others is...

My public speaking skills can be used...

My perfectionism stems from...

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...

The things I love about my life now are (for people who think things have to change for them to be happy)...

My energy comes from...

I thrive when...

The things I like about myself...

I feel unsettled (lonely, bored, etc.) because...

This journey is (divorce or elements that have positive or negative side)...

The balance I have today is...

The 5 things I want out of life are...

My days go best when...

As I see myself in the moment I see...

## FINANCES cont...

What I want for myself as it pertains to (career, love, and husband)...

My life runs better when...

The emotions I want to learn to express are...

I forgive myself for...

I feel proud when...

I want to feel...

What matters to me most is...

My negative thoughts stem from...

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 feel I can be successful because...

My uncertainty comes from...

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...

## WORK

First Speaking Engagement to promote myself...

I lost my motivation because...

Success means to me...

I feel I can be successful because...

I can help \_\_\_\_\_'s stress by...

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...

The one thing I want to let go of...

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....

I want to feel...

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...

## 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...

## 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...

## 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...

Ill feel my house getting simplified when...

I want to be creative by...

The things I have decided to let go of are...

## 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...

What I want for myself as it pertains to (career, love, and husband)...

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...

What I want for myself as it pertains to (career, love, husband, etc.)...

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 ...

## 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)...