

7 Day Journaling Challenge

- Day 1:** What are 5 things that you're grateful for in your life? Why are they important to you and why do they make you feel abundant?
- Day 2:** What's something you feel is missing in your life? It can be a relationship, a certain amount of money, a car, anything you can think of. If it suddenly came into your life, how would you feel? Believe for a moment that you truly have this, and describe your emotions, thoughts, and senses in detail.
- Day 3:** List 3-5 things that you know you're really good at. Be proud and write down affirmations in the following format: I am grateful and proud that I excel at a...b...c....etc.
- Day 4:** List 3-5 things that you consider as weaknesses or what you wish you could be better at. Write down those negative sentences. Now look at them and reverse them. For example: "I never get any cool opportunities at work." Turn it into, "I'm always receiving cool opportunities at work and I'm so excited for what the future holds."
- Day 5:** Imagine a magic carpet just appeared at your door and you get on. It transports you to a year from now and you see your future self. When you meet him/her, what do they look like? Describe the conversation you have getting to know your future ideal self and be detailed about how they carry themselves, the confidence they exude, and the overall feeling you get from them.
- Day 6:** Think of a recent accomplishment – big or small – and write it down. Map out the work you put in to achieve it and what it felt like to reach the end goal. Write about how proud you are of yourself and really savor the feelings of pride and gratitude.
- Day 7:** Write a detailed account of an ideal day in your life as your future ideal self. Write as if you are the type of person you want to be, you've achieved your monetary or career goals, you're in your ideal relationship (or single, if that's what you want!) and you live in your dream house/apartment/studio. There are no boundaries in this world that you're writing about. Start with what you do when you wake up, what you see, what you eat for breakfast, what car you drive, where you're going that day.