

# Your Journal Notebook

REIMAGINE HOW YOU WANT TO SHOW UP

## Who are you?

- How would you describe yourself?
- How would your children describe you? Your friends? Your partner?
- What are your strengths? Your aptitudes? Your passions?
- What did you like to do when you were 8 years old?
- What did you do before you had a family?
- Take a free online personality profiles from Myers Briggs or Enneagram.
- How do you feel when you wake in the morning?
- What brings you satisfaction or contentment?
- If you could make something, what would you make?
- What wakes you up in the middle of the night?
- What was the first music you purchased?
- Do you have a song that describes you?
- Who are the people you value and why?
- What are the character traits that you choose in a friend?
- Name your three greatest values.
- Choose your daily words: three words to describe your intention in how you engage your work, your family, and yourself.
- Meditate: just let yourself sit and listen to what's going on inside you.
- Who are you when you don't care what other people think of you?
- Who are you when you're all alone?
- Acknowledge new things you enjoy.
- What are your emotional challenges?
- What is your emotional landscape?

