

MY TRANSFORMATION JOURNAL



*“WHEN YOU
KNOW YOUR
‘WHY,’ THE
‘HOW’ WILL
FOLLOW.”*

YOUR WHY

Date: _____

Unit one all about you. This week, you'll be journaling about your WHY. What motivates you? What makes you tick? When do you feel most authentically you? What types of activities fill your cup? And which ones don't? Set aside fifteen minutes before bed each night to journal on this topic.

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.

WEEK 1

YOUR WHY

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