



## Morning & Evening Journal Reflection



Try this for a few weeks – journaling – if you are unsure where to start on defining your goals, then journaling can be a great practice. Sometimes you can think that something is a goal when in fact it's something linked to an earlier version of you and not where you now want to be at all.

I want to share with you a way of journaling that I do now every day and only takes a minute or two.

### Morning Reflection

- What do I appreciate about my life?
- What's the most important thing I have to do today?
- How do I want to show up in the world today?

### Evening Reflection

- What went well today
- What did I do for someone else today?
- What can I do differently tomorrow

You can also totally gear this reflection towards work goals!

Once you have more clarity about what is really important to you – whether it's things you want to change about your life generally and areas of work you want to change. Maybe you've identified areas where you want to grow and develop or maybe you want a whole new career direction.