



MY SUCCESS JOURNAL

Your Journal is a personal and private account of your 'journey'.

It can be useful as an ongoing self reflection and learning tool.

It will allow you to reflect on what has happened, where you are now and help you to focus on where and who you want to be.

Find a journal that inspires you and will make you want to keep writing in it.

Give it a name - e.g.

- My Success Journal,
- Fred,
- The Oracle,
- My Friend John ,
- Oh Ancient Secret One....

You do not have to show your journal to anyone.

If you would like to send me extracts or you want to discuss something please feel free knowing that it will be held as confidential.

You might find it useful to divide your journal into the following sections - if you so choose.

SECTION 1 Where are you now?

Use this part of your journal to record present day issues, challenges, frustrations, and your complaints.

SECTION 2 Where are you going?

From this section onwards **only record successes**, inspirations, insights, affirmations, achievements, inspiring poetry, songs and writings etc...

GRATITUDE - At the end of each day list as many things as you can that you are grateful for.

Such as; lessons learnt, people who are in your life; gifts given to you; gifts you are able to give; where you live; where you have been, etc... **Gratitude is where love and growth lives.**

Above all, no matter how you organise your Journal, this will be the place where you **only record the positives in your life** – so that when you look back it will reinforce how amazing and special you are.

This is your journey = Journal Enjoy the ride!

Jennifer Beaumont-Whyte

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