

Journal Questions

1. What particular goal are you working on hardest right now? Why?
2. What improvement are you feeling most proud of right now? Please explain.
3. Write about a recent event that had to do with one of your goals. What happened? What did you learn from it? What will you do differently next time?
4. What is your most frustrating goal right now? Explain.
5. Has anyone noticed changes in you? Please explain.
6. What area you doing that is hurting you and keeping you from reaching one of your goals?
7. How is your progress with your goals helping you? In what way is your progress improving your life?
8. What do you most want to change about yourself right now?
9. Write about a specific plan you have for helping you reach one of your goals.
10. What do you want me to know about your progress with your goals?