



LSTM Self-Assessment Challenge:

Write a Daily Journal

7 Days | 10 Minutes Per Day

Write a daily journal to monitor thoughts, habits and behaviors you want to change.

Why Do This Challenge?

One of the most effective methods for practicing self-awareness is by writing daily. As you write you will begin to see patterns in your mindset that reveal opportunities you overlooked, as well as behaviors that might be holding you back from success. It is one of the core habits for transforming your lifestyle to become self-employed.

Suggested Tools

- ☐ Pen and notebook, Word document or note on your phone.

Instructions

- **Step #1** Schedule a time each day to write in your journal.
- **Step #2** Write about moments, people, thoughts, reactions or experiences that made a strong impression on you each day.
- **Step #3** At the end of the week, look for patterns in your notes to identify areas of opportunity and those that might change.

Helpful Hints

- ☐ Use a notepad or your phone to organize your notes in one place for later analysis.
- ☐ Integrate writing in your journal into one of your daily routines like getting ready for bed, waking up or during lunch.
- ☐ Be as specific as possible about anything that is causing you to feel strong feelings. Where were you? When was it? How did you feel? Why is this your choice?
- ☐ Do this with a friend or family member to provide accountability and support.

Question? Email itspossible@lifeskillsthatmatter.com