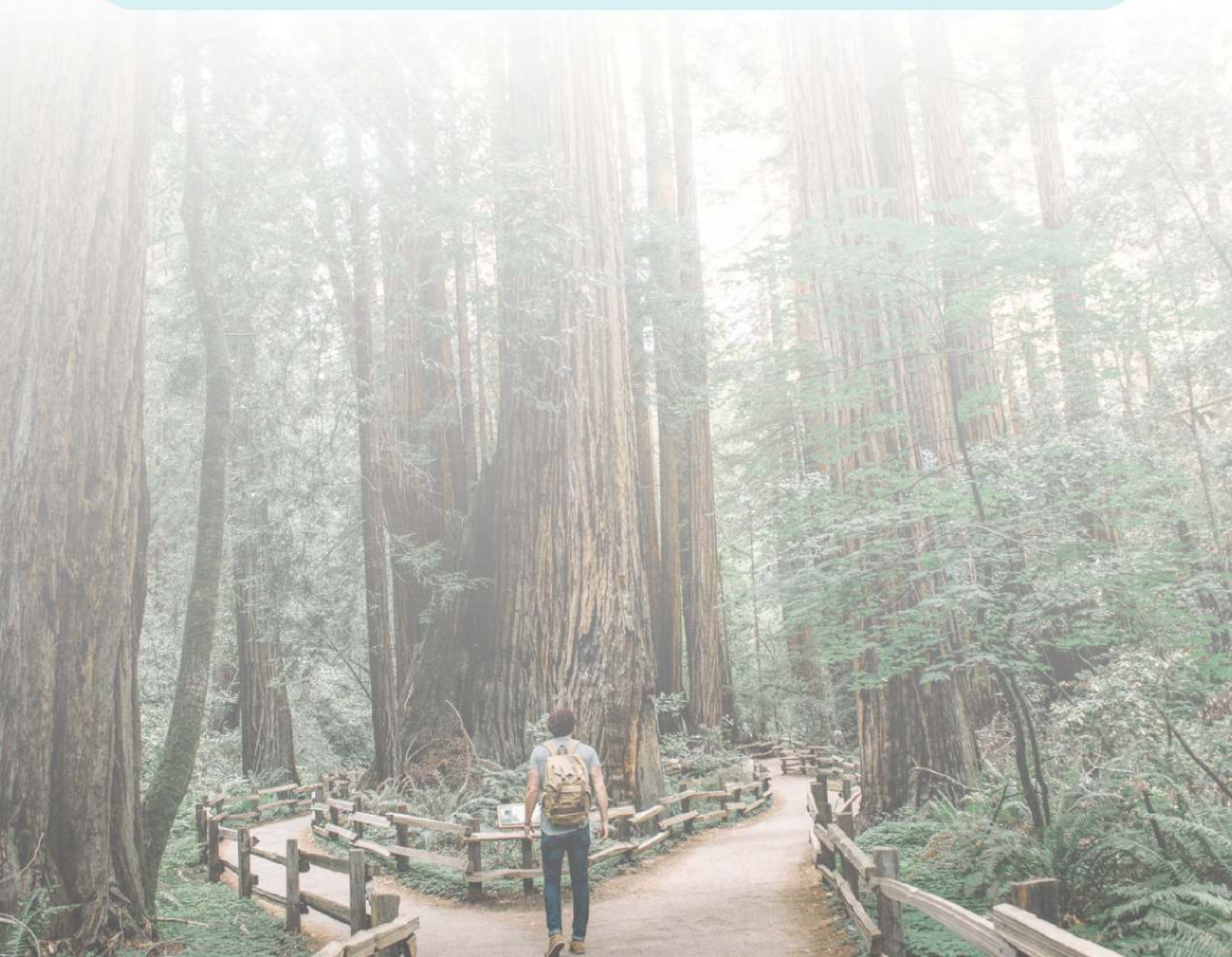




GOAL SETTING

You enjoy thinking about where you are going in your life. For you, looking at your future feels exciting and helps you make decisions in your daily life. Goal setting types might sometimes feel like long journaling sessions are a "waste of time" and might prefer list-making or brainstorming clusters as their default journal tools.

However, there are many journaling interventions that will help you harness the wisdom of your future self so that you set clear, intentional goals and have the confidence to go after them!



THREE JOURNAL PROMPTS FOR GOAL SETTING TYPES

1

1. Make a quick list of the top ten places you would like to visit.

2. Choose the 7th one on the list.

3. Describe what you think this place would be like to visit.

What would you do there?

2

Think about a mentor, a celebrity or a person who is successful in an area where you are trying to improve. **Imagine you are that person.**

Write a journal entry describing their day and how they are handling their biggest challenge.

3

Write about a time when you took a risk.

How did it turn out?

Recall what you were most afraid would happen and compare that to the worst thing that actually did happen. What do you notice?

SUPERCHARGE YOUR JOURNAL WITH THIS FINAL STEP

Don't forget to go back and read what you have just written!!!

Take a few seconds to use this information to help energize your next creative project. Add a sentence or two in your journal to capture:

As I read this, something that I am surprised by is...

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