

Self-Love Journaling **Beyond**

Being Productive *for* February

..... Ordinary & *Happy*

	S	M	T	W	T	F	S
P R O D U C T I V E	1 Beyond being 'productive', what would a 'good day' look like.	2 What qualities you value in other people.	3 What you love about yourself and your personality.	4 Outside of work, three most important things in your life.	5 Situations you feel you can be your authentic self and why.	6 If you didn't have to do anything today, what you'd do with your day.	7 Identify the positives that would come from doing those things identified yesterday.
I D E O N U T R Y	8 If you were to introduce yourself without mentioning work or roles, what you'd say.	9 What you're passionate about outside of work.	10 Activities you enjoy doing without an end goal or result.	11 People you've shown up for and how.	12 Someone outside of family and friends you believe you've left a lasting impression on & why.	13 On a day you don't check much off your to-do list, other ways you make a difference.	14 If 'success' wasn't attached to numbers, what you believe makes you successful.
S E D A F I L L Y O V E	15 Times of the day you don't feel you need to be as productive.	16 What you'd do if you had a 5-10 minute break right now.	17 Rather than what you didn't do, the positives of what you did do on your to-do list.	18 Positive things to say to yourself in the mirror, regardless of how the day was.	19 What you need most after a long day.	20 People you don't feel the need to be or look productive around.	21 Right now, sit and be present for 2 minutes. Identify if anything became clear to you.
T A C K I N G	22 Identify what a 10-minute morning routine that's just for you could look like.	23 Ways you can document kind or meaningful things you do (e.g., keep a notes jar, take a photo).	24 Spaces or areas of your home that can be for 'me' time and not work.	25 What 10-15 minutes of quality family or friend time could look like.	26 Identify what and where in your day a 5-minute break could be like.	27 Write down the positives of sitting down and doing nothing for a bit.	28 Times/hours of the day you're more productive and less productive.