

Motivation Journaling Ideas

	1 Your short-term plans (6-12 months).	2 Your 5-year plan.	3 Your 10-year plan.	4 Things that motivate you and drive you in life.	5 People in your life that motivate you.	6 Things that seem to hold you back.
7 Biggest obstacles in the way of your dreams.	8 Steps to take to overcome those obstacles.	9 Things that make you feel more energized.	10 Your role models around you.	11 Past achievements you're proud of.	12 One small thing to do every day to move forward.	13 Habits you could build to help with your goals.
14 Skills you could acquire to help with your goals.	15 Times in the past you were very motivated.	16 What those motivating times had in common.	17 Things you're naturally good at.	18 Things that inspire you when down.	19 Life plan if you could do anything.	20 What you think of yourself.
21 Things that you could do to think better of yourself.	22 Things you want to be remembered for.	23 Strongest motivator for you.	24 What the perfect day would look like.	25 Progress you've made to achieve your goals since the start of the year.	26 Progress you've made in the past 12 months.	27 Progress you've made in the past 5 years.
28 Mistakes from the past to avoid and lessons learned.	29 Analyze your future plans and whether they'd bring you happiness.	30 Any changes /adjustments to future plans after this month.				 Ordinary & Happy