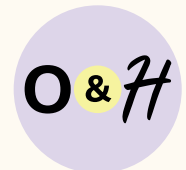


Journaling About *the* Future

this July

S	M	T	W	T	F	S
28	29	30	1 Simple habits you want to strengthen in the future.	2 How you want to feel daily.	3 Limiting beliefs to let go of.	4 Qualities you admire in others you want to develop.
5 Skills or routines you could practice daily for ten minutes.	6 Ways you can start showing up as the person you want to become.	7 Things you'd love to experience in the next decade.	8 What you'd try if you knew you couldn't fail.	9 Things you still want to do that you haven't done yet.	10 Places you could see yourself living in the future.	11 What keeps you motivated when thinking about the future.
12 Steps you can take today toward a big goal or dream.	13 Things to let go of because you can't predict the future.	14 Whether you can keep learning and progressing in your current job or role.	15 Goals you want to achieve in the next five years in your current role.	16 Whether you want to prioritize security or new challenges in the next five years.	17 How you'd feel if you were in the same role five years from now.	18 Memories you'd want to make with family or friends.
19 Things you can do today that younger generations would appreciate.	20 Things you want to be better prepared for.	21 Expectations you've outgrown or changed about your future.	22 What 'freedom' looks like in the future for you.	23 Causes or communities you want to support more.	24 The kind of difference you want to make.	25 How you can use your story or voice to help others.
26 Skills you want to learn over the next year.	27 The kind of role model you want to be.	28 People you want to be around in the future.	29 Regrets you don't want to have.	30 What you'd want to be remembered for.	31 Realistic achievements by the end of the year.	1  Ordinary & Happy