My Journal

SELF-DISCOVERY

Here & Now

Here & Now

date: / /

How are you feeling today?

Rate yourself in these areas of life for the month

Physical/mental health	Professional Life
Relationship	Community / Service

Months Milestones / Transformations:

Happiest moment of the month:

Challenges of the month:

Challenges	Lessons

3 habits/systems that are working for you:

Who played a big role in your life this month?

Here & Now

3 things you felt grateful about

1.
2.
3.

Something new you learnt about yourself this month

1.
2.
3.

In what did you focus your energy this month?

RELATIONSHIP CHECK IN

How well did I listen to you last month?

1 10

Is there anything on your mind that you have been nervous to talk to me about?

Here & Now

3 things that made you feel grateful about our relationship this month

1. _____
2. _____
3. _____

What is 1 thing you would like me to work on this month?

_____
_____
_____
_____

How can I make you feel more loved and supported through this month?

_____
_____
_____
_____
_____

Everyday Relationship Tip:

TEAF METHOD

Touch
Educate
Appreciate
Feedback

NOTES:

_____
_____
_____
_____
_____