

# 11 JOURNALING PROMPTS

*To create the most epic year of your life*

**HOW TO USE:** Find a quiet place with limited distractions. Clear your mind, open up a journal, and free write what comes up in response to each journaling prompt.

## SLAY YOUR YEAR

- 1 A genie comes out of a bottle and says I have unlimited wishes to create the most epic year in the next 12 months. *What would I create?*
- 2 Who is the most successful and fulfilled version of me? What is she like? What are her habits? What are her beliefs & values? How do others see her? *How do I see myself?*
- 3 If I could remove ONE thing that hasn't served me in the last 12 months, *what would it be?*
- 4 *What is my idea of massive impact?* If I could have my business impact and serve the lives of millions, what would I be doing differently in my business right now?
- 5 I'm the average of the 5 people I spend the most time with. This means my income, my habits, my interests, and my aspirations. Have I been spending my time with people who I aspire to become? If not, how can I create a circle of friends who lift me up & help me get to the next level? *Who do I choose as my new top 5?*
- 6 *What am I most afraid of?* How can I prove to myself that this story I've made up is absolutely false? How can I feel the fear & still do it anyway?
- 7 What are my MUSTS for the next 12 months? What are my MUST NOTs for the next 12 months?
- 8 What are three things I've achieved in the last 12 months that I can celebrate right now?
- 9 *What am I ready to commit to in the next year?* What needs to be improved upon? What is already going well and must be continued?
- 10 What kind of thoughts do I have on a daily basis? *What kind of thoughts would I like to have instead?*
- 11 *What is my sole mission for the next 12 months?* What do I need to be focusing on to make the next 12 months look EXACTLY as I want it?