

The Journal

This isn't about the past. It's about the life you're choosing from today onwards.

What do you know now that you refuse to forget?

Complete this sentence with **ten different outcomes** - don't write what you hope you'll do, write what's become non-negotiable:

From this day onwards, I choose:

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If life becomes difficult again, what advice would the person you are today give to the version of you who is struggling? Write down that conversation:

Then promise yourself you'll read it and believe it when the time comes.

What have you now outgrown? People, places, ways of thinking, ways of speaking to yourself, ways of making decisions, ways of measuring your worth?

If somebody watched the way you lived for one year, what would you want them to conclude about the kind of person you are?

What choices would they see that makes that conclusion inevitable?

Complete these two sentences:

No matter what life brings me, I will always:

No matter what life takes from me, I will never again:

What kind of legacy do you want your emotional life to leave?

When people leave your company, how do you want them to feel?

When you're in your own company at the end of each day, how do you want to feel?