



Goal Oriented

Journaling Prompts to Inspire and Motivate You

- 1).My goals for 2019 are...
- 2).My biggest reasons for pursuing this goal are...
- 3).I am inspired by _____ because...
- 4).My biggest fears are _____ because...
- 5).Achieving my goals looks like...
- 6).To date, my greatest accomplishment is...
- 7).Something hard I have overcome in the past...
- 8).My action plan for next week is...
- 9).Week one was...
- 10).I am most productive at _____ time and I think it's because...
- 11).Some of the things that make me happy every day are...
- 12).Ten things I love about myself are...
- 13).My biggest, craziest goal in this life is...
- 14).If I had 24 free, uninterrupted hours I would...
- 15).My friend, _____ is an amazing supporter because...
- 16).In five years I see myself...
- 17).My favorite motivational quote is _____ because...
- 18).Today, my biggest struggle was...
- 19).I may need to ask for help with my goal. I would ask _____ because...
- 20).How would I feel if I didn't achieve my goal?
- 21).When people talk about me, I want them to say...
- 22).The biggest challenge I have faced so far with this goal is...
- 23).My current plan of action is _____. Do I need to revise or change anything?
- 24).My biggest role models have _____ traits that I would like to embody.
How will I do it?
- 25).I will keep myself motivated in the following months by...
- 26).What will I be missing out on if I continue to pursue this goal?
Are those things really important?
- 27).My ideal day looks like...
- 28).Sometimes I wish... How can I make that wish become a reality?
- 29).I will hold myself accountable for my actions by...
- 30).Once I reach my goal, I will maintain it by...
- 31).It's been one month! I did it! I am proud of myself for...