



7 PROMPTS TO
START YOUR DAY RIGHT

Morning Journaling

ELAINE KIZIAH, PH.D.

Tap into the power of journaling to start your day with intention...

Small things can make a big difference, my friend.

And you now have in your hands one of those small things.

In the Joybook life learning community that I founded, we've discovered something that's actually pretty amazing...

Spending a little as 3 minutes with ourselves in the morning — making contact with our inner selves and reflecting on the coming day in an intentional way — can make the difference between a beautiful day and one that falls flat.

The seven journaling prompts in this collection are some of the very same ones we've been using inside Joybook to create these positive impacts.

They're all designed to be done in 10 minutes or less.

But that 10-minute (or 5-minute, or 3-minute) pause is powerful if you use it effectively.

So here's my invitation to you...

Each morning over the next few days, pick out one of these prompts to write about.

(Let your intuition guide you to the one that feels like a fit for your state of being on that particular day.)

Then set a timer (try about 5-7 minutes to begin with), and go from there — writing until the timer goes off.

And then pay attention to what happens as you go about your day.

(You might want to keep your journal nearby as a reminder of the intentions you set.)

And if you like the effect this has on you, consider coming and joining us inside Joybook for more soulful strategies like this — and to connect with a community who cares as much as you do about making the most of this precious life...

♥ Elaine





#1 — A Wise & Kind Offering

What's your state of being this morning — in body, heart, mind, and soul/spirit? Jot down a few words, phrases, images, etc. to capture your answers as you check in with yourself.

What do you most need to offer yourself as you begin this day? Let your Wise Self provide the answer. Consider what you've just identified about your state of being, and also what you know about what the day ahead holds for you. Seek an answer that is genuinely kind, authentic, and wise.

BONUS RESOURCE: To learn more about your “Wise Self” — and to get to additional journaling prompts for connecting and journaling with your Wise Self, go to bit.ly/31vjAeR.



#2 — A Few Words

How are you this morning? Take a few moments to check in with yourself, and then write down 3-5 words.

What's your top goal for today? In a few words or phrases, jot down the three most important things you want to accomplish or experience today. Then decide on just one as your "highlight" for today, and put a star by it. (This is the task that feels most important or meaningful to YOU — even if nobody else would see it that way. It's the thing you want to remember today for.)

How will you orient toward today? Choose a word or phrase that captures your intention about the state of being you want to cultivate, or a particular mindset or perspective you want to bring to the day.

Now offer yourself a few additional words of advice as you get ready to start the day. It can be an elaboration on anything you just wrote, or anything else that comes to mind that feels helpful.



#3 — Beautiful Life

What's the landscape of this day? Take a few minutes to jot down the commitments, constraints, and opportunities of the day ahead. Include anything that feels like it could significantly impact your time, energy, and attention today.

What would the most beautiful version of today look like? Given what you've just written about the landscape of the day, what could you do to make this the best day it could be? Think about your personal definition of a Beautiful Life. What could you do to bring today more fully into alignment with that definition?

"Life is beautiful. Don't miss it." That's our motto.

What's your definition of a Beautiful Life? A process for using journaling to answer that question is part of the Soulful Time Management Retreat that's available inside Joybook.



#4 — Living Today Over Again

Imagine that you've already lived this day, and now you have a chance to live this day over again. How would you approach it, knowing what you now know?

Jot down some thoughts about how today is likely to go for you — what's likely to happen and how you're likely to respond, given your typical patterns. Then rewrite the script! How would you like to respond instead? Or what would you like to *proactively* do to turn this into a more beautiful version of today?



#5 — A Version Of Yourself

OPTION A:

What would today look like if the best version of yourself showed up for all your experiences? We're not talking here about some outside idea of who you "should" be. This is instead about your own authentic aspirations and values for how you want to live your life. And about what will serve *this* day well. Take a few minutes to review what's on your list and/or calendar for today, then write in response to the above question.

OPTION B:

Who do you choose to be today? What version of your life do you choose to live? And what does this mean for you in terms of your actions today? This variation directly acknowledges your multifaceted nature, and invites you to make a conscious choice about what sides of yourself you want to bring out today.



#6 — Dialogue With Today

What's the landscape of this day? Make a quick list of the commitments, constraints, and opportunities of the day ahead. Include anything that feels like it could significantly impact your time, energy, and attention today.

Now do a dialogue with today as if it were a person who has valuable things to reveal to you. Open the dialogue as you, and pose a question to Today, such as — "What's your invitation to me?" Then write in the voice of Today, offering a response to the question. And continue the back-and-forth dialogue until your time is up or until you feel a sense of completion.

Learn more about the Dialogue Technique inside Joybook.

(There are loads of other powerful ways to use it!) It's just one of the resources inside our growing library of journaling prompts and techniques.



#7 — Love Letter to Today

Begin by making a quick list of what lies ahead for you today — people, places, activities, opportunities.

Now write a short love letter to today as if it were a person. Celebrate and praise what's beautiful about this day and the potential it holds — and express anything else that feels important to say. And don't forget to say "I love you!"



Joybook is a supportive online community and learning space.

Grab your journal and come discover a soulful approach to managing your time and creating your Beautiful Life...



Come find us at joybook.life.