

# Week 2 Journal Questions

For this week, you will be required to create a new journal (or document) called "Celebration Journal"

## **DAY 1 | What If Created This Outcome?**

Look at each of your answers for the past 7 days, and closely examine each answer. As you do so, ask the following questions:

- How did I create this situation?
- What was my part?
- What would I like to change about my role in the creation of each outcome?

## **DAY 2 | Magic Wand**

If you could wave a magic wand within each of your relationships, what would each one look like? Be detailed, but stay on point.

## **DAY 3 | Relationship Goals**

Create 1 - 3 goals for each relationship. Create a plan to execute each goal, including how it will be communicated, and how the goal will be reached and how it will be maintained.

## **DAY 4 | Execute The Goal!**

Start the execution of your goals. Upon completion, celebrate each goal, and record how you celebrate; and how you felt before and after celebrating. Record this in your celebration journal.

## **DAY 5 | Physical Body**

How true are the below statements? Please explain why you feel your answer is true or untrue, or the parts thereof:

- I feel 100% satisfied with my physical body.
- I love looking at my body.
- I love my features.
- I am satisfied with my height.
- I am satisfied with my weight.

## **DAY 6 | Mental Body**

Revisit the limiting thoughts you have about yourself, and answer the following:

- Which thought is no longer acceptable?
- What tangible act can you do to replace that negative thought pattern?

## **DAY 7 | Emotional Body**

How true is the below statement? Please explain why you feel your answer is true or untrue, or the parts thereof:

- I feel balanced within all of my emotions: fear, anger, sadness, envy or discontentment, joy, contentment, meaning I have expression exercises for each one, and I do not feel that one emotion is better than another.
- Which emotion do you tend to hold on to the most ie. never or rarely express?

- Which emotion do you express freely and the most, why do you feel this is?
- What is your plan to clean up and subsequently maintain your emotional garden?
- From your second week, which thought do wish to leave behind?