

DAILY JOURNAL QUESTIONS



As busy guys we are typically ignorant to the growing responsibilities and challenges that come with growing our body, mindset and confidence. That's why it's incredibly important to keep our thinking clean. If you want to grow you need to constantly monitor and fine tune your focus. Otherwise, you'll get caught up in the deceptive world of social media, lose control and end up self-sabotaging.

One of the best ways to keep your thinking clean is by doing 10-15 minutes of unfiltered writing first thing in the morning. I like to use good old-fashioned pen and paper. But, feel free to use a tablet (travel friendly and password protected)

Clean your mind with good quality questions every morning just. Start with the questions below and embrace the momentum they will bring to your day. Feel free to add more questions as you get more experienced with journaling.

Morning

1. What are your top 3 outcomes for today?
2. What are you grateful for?
3. What challenges may you face today, and how will you deal with them?

Evening Questions

1. What did I learn about myself today?
2. What were my top 3 wins today?
3. What is your biggest goal for tomorrow?