


GET
YOUR

Groove

BACK

JOURNAL



We all go through phases when motivation is hard to come by. Life may feel repetitive and colorless. When this happens, it may seem hard to stay on task.

These periods of time can last for days, weeks, or even longer.


This journal is for you to use to start taking charge of your life. Give great consideration to the questions provided and see if you can get yourself out the rut you are stuck in.




What activities excite you and spark your passion?



What are your favorite hobbies? Do you make time for them? If not, how can you make more time?



Are there hobbies you have been wanting to try?
How can you learn more about them?



Taking time for yourself is important. How can you make more time for yourself?




What major goals are you currently working on?



With your goals in mind, what small actions can you take this week to help you reach them?




What new daily or weekly habits can you add that will make a positive impact on your life?



What is your dream job? What certifications or higher education will help you achieve that job?



Do you have any expertise or talent you could turn into a side hustle business?




What things in your life can be eliminated that no longer serve you?




What are your best qualities? What makes you a good friend?

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If asked, how would close friends and family members describe you?



Do you have a positive outlook? If not, how would your life be different if you did?



What are you grateful for today?

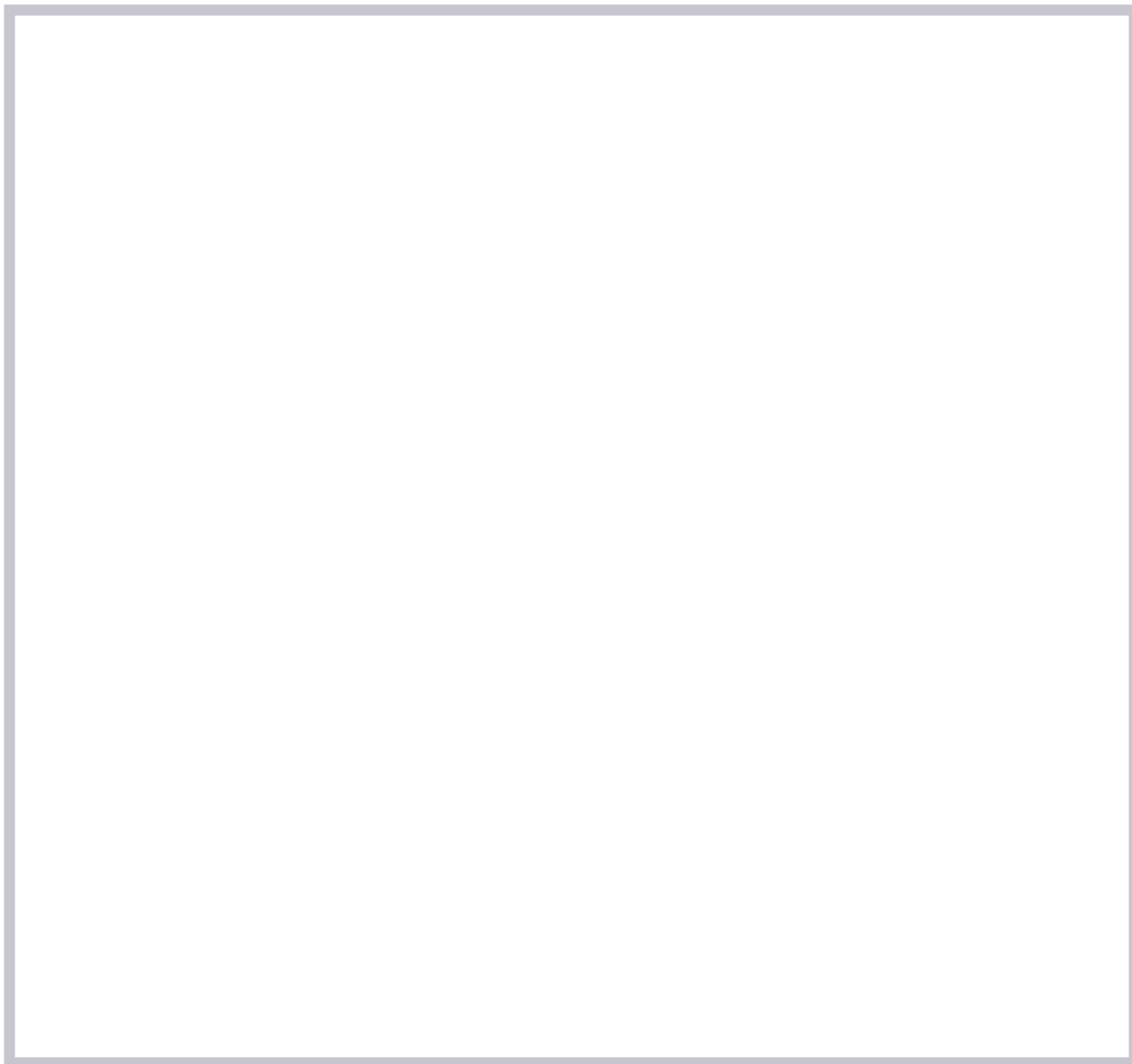


What are simple, yet meaningful, changes you could make to your diet and exercise program?



Notes

Visions



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