

30 DAY JOURNALING CHALLENGE

THE MONEY MINIMALISTS

Journaling has helped me dream bigger and get through tough times. I encourage you to try this 30 day journaling challenge and tag me @TheMoneyMinimalists with your progress! Each prompt is designed to have a 2-3 sentence answer, forcing you to reflect on your life. Try journaling when you wake up, right before bed, or during your lunch break! Find what works for you and make it a habit!

NOW LET'S GET JOURNALING!

1. What did you dream about last night?
2. What is your ideal morning like?
3. What/who frustrated you recently? Why?
4. Do you believe in manifestation? Why or why not?
5. What did you enjoy the most about today? How did it make you feel?
6. What is something you wish you had more time for?
7. Think back on where you were last year. How much have you grown as a person?
8. Do you prefer working from home or in an office? Why?
9. What is something you miss doing?
10. What is your dream vacation?
11. What did you struggle with this week?
12. What was the last thing that made you laugh? How can you incorporate that more into your life?
13. Where were you when you last felt peaceful?
14. Do you have a favorite hobby? Why do you love it?
15. How do you feel about today? What contributed to that feeling?
16. What is something you want to improve about yourself? How will it change your life?
17. Rewind 10 years. What do you wish you knew then?
18. When are you the happiest?
19. What are you looking forward to tomorrow?
20. Sit outside for 5 minutes without your phone or any distractions. What do you notice about your surroundings? About yourself?
21. What is your proudest accomplishment?
22. What do you wish you could learn more about?
23. What is your next financial goal?
24. What is your favorite memory from the last 10 years?
25. What are 3 unpopular opinions that you have?
26. What does a financially secure life look like to you?
27. Fast forward 5 years, what does your life look like?
28. What steps do you need to take to get to your future ideal life?
29. What is a challenge you overcame recently that helped you grow?
30. What did you like about this challenge? What was difficult? Will you continue journaling?

CONGRATULATIONS ON FINISHING THE 30 DAY JOURNALING CHALLENGE! STAY TUNED FOR MORE CHALLENGES FROM THE MONEY MINIMALISTS