

My New Game Plan

The Future Starts Here

Personal Journal

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About This Journal

Keeping a journal while incarcerated can serve many purposes. It can help you keep a written record of your thoughts as you begin to shift your mindset. It can be a form of mental therapy as you travel down the road of self-discovery and self-awareness, but most important it can help you lay down the foundation to your future game plan.

What you write in your journal will be the testament to your journey, struggles and life. It will show the world how you faced and overcame the challenges you are faced with right now. As you write in your journal you are planting the seeds that will spark the ideas, plans and goals that will go into the business plan you are developing for your life. Writing things down will help you visualize your goals, plans and future, as well as help you internalize them. Once you can create the vision, internalize the vision; you can take ownership of the vision. The thoughts you put down in your journal become the roadmap and checklist to your success.

Entries in your journal will allow to you measure the changes and progress you make over time. Entries will be a reference point to go back to and see how far you have grown mentally as well as emotionally. Your journal is the place you will store the history of your journey. This Journal was created specifically to keep you further engaged and on the path of personal growth and self-development in conjunction with the Chnagin' Your Game Plan series.

Daily Thoughts - Take a moment each day to make an entry into your journal, whether it's a passing thought, a quote you read, or a profound statement you overheard.

Weekly Wrap Up – At the end of every week take some time to reflect and reevaluate the last seven days.

Notes to myself – Write reminders to yourself and/or information you come across that will help move you closer to your goals.

“The best way to predict the future is to create it.” - Peter Drucker

“Do something your future self will thank you for.” – Unknown

“It's not how much time you do, it's what you do with the time.” Randy Kearse

Daily Thoughts

Monday

Tuesday

Wednesday

Review
Purposes
Only

Thursday

Friday

Saturday

Sunday

Review
Purposes
Only

Weekly Wrap Up

Time _____

Month/Day _____ 20__

This week I learned....

- _____
- _____
- _____

This week I was faced with the following challenges...

- _____
- _____
- _____

This week I challenged myself by...

- _____
- _____
- _____

This week I was motivated, inspired and/or empowered when...

- _____
- _____
- _____

This week I did the following 3 things to further my goals...

- _____
- _____
- _____

Next week I'm going to...

Notes to myself

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Purposes
Only

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