

Your Journal Ebook

Audrey Johnson

POG

Your Journal

Everyone needs a Journal.

Take the time to capture your precious moments in Your Journal

*Coach With
Audrey*

www.CoachWithAudrey.com



Audrey Johnson, Your Life and Career Coach

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Introduction to Your Journal	4
Pick Your Spot	5
What Drives you?	6
Spell Fun!	10
Listen	11
Identify Your Problem	12
Books	13
Describe It	14
Competition.....	15
Seven Days	16
Lesson Plan	17
Words	18
Money.....	19
Fear	20
Sex	21
Sharing.....	22
Subscribe	23

Introduction to Your Journal

Getting Started

Pictures can say so much. A Journal tells the story of how you want it to show up for you.

Are you smiling? If Yes, let's get started.

Once you sign up with Coach With Audrey, you will receive an Ebook for your journal writing.

Taking time out of your hectic schedule and for you is the beginning of You saying Yes and showing up.

Welcome!

The Secret of getting ahead is getting started.
Mark Twain

Pick Your Spot

For 7 days , Pick your special spot. In the same spot you will take 12 minutes every day and write down the most interesting thing you see around you. Find the love.

Describe Your Spot: _____

Monday	I feel beautiful		
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

What Drives you?

What excites You?

What takes your energy?

No more excuses

Pay attention! Be aware

A large rectangular area with rounded corners, outlined in red, containing 20 horizontal black lines for writing. The lines are evenly spaced and extend across the width of the red border.

A blank sheet of lined paper with a red border and 20 horizontal lines. The lines are evenly spaced and extend across the width of the page. The paper has rounded corners and is set against a white background.

Spell Fun!

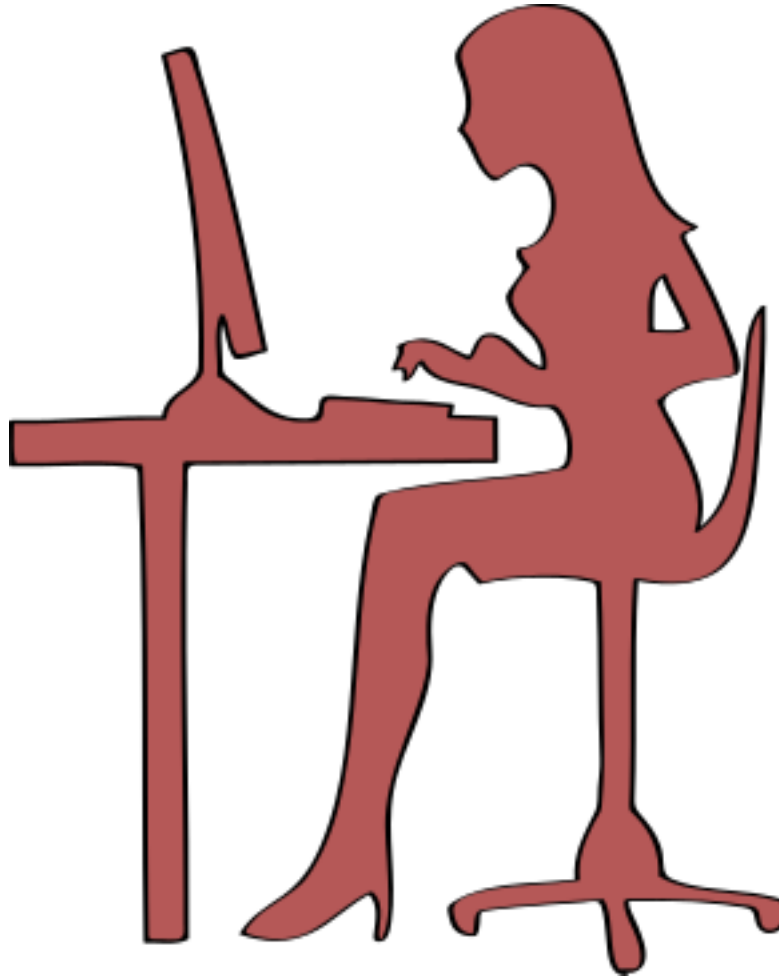
When was the last time you had Fun?

Describe it! and hug yourself!



Listen

Sit at your desk and listen.



Identify Your Problem

Put your problem into Google.

Write your results here:

Books

List 10 books you would like to read:

Describe It

What did you want to be at 16?

Competition

Who are your competitors?

Can you turn them into mentors?

Describe how you would do it...

Seven Days

Sketch out what your next week looks like.

Lesson Plan

Develop a syllabus for a class you would like to teach.

Title:

Description:

Goals:

Rules:

Requirements:

Schedule: _____

Date	Lesson Plan

Words

What NOUN are you?

What VERB are you?

Are you happy with those words? Would you like to change them?

Money

If your life depended on you raising \$10,000 in 90 days, how would you do it?

Fear

What are you afraid of?

Sex

What do you think about when you see that three-letter word?

Sharing

What would you lose by sharing it with others?

What would you gain?

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