

Reset

GUIDED JOURNAL

SHANIKA JOHNSON

The Reset Journal

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Welcome

This journal is designed to help you navigate your thoughts, reflections, and feelings. This is a space where you will dig deep, ask yourself questions you wouldn't normally ask and get to know yourself on a deeper level.

I believe that in order to find ourselves, we have to move past our layers of fear, pain, and negative beliefs so that we can find the light that lies deep within our soul.

Be as honest as you can with answering these questions.

Remember, no one is going to read it. Do not rush through it; take your time. For the questions that you don't know the answers to, skip it, and observe yourself in those situations the next time they arise to see how you are...and then come back to the journal and answer the question.

You will also find tips throughout the journal which will serve as tools to help you go deeper into who you are, love yourself more fully, and develop empowering beliefs about yourself.

Let the Journey Begin

Think about being **happy** without depending on external factors. Can you be happy without your comforts, your things, and ideal situations? Remember, it's not about how happy you are when life is "perfect," it's about how happy you remain when life doesn't go your way.

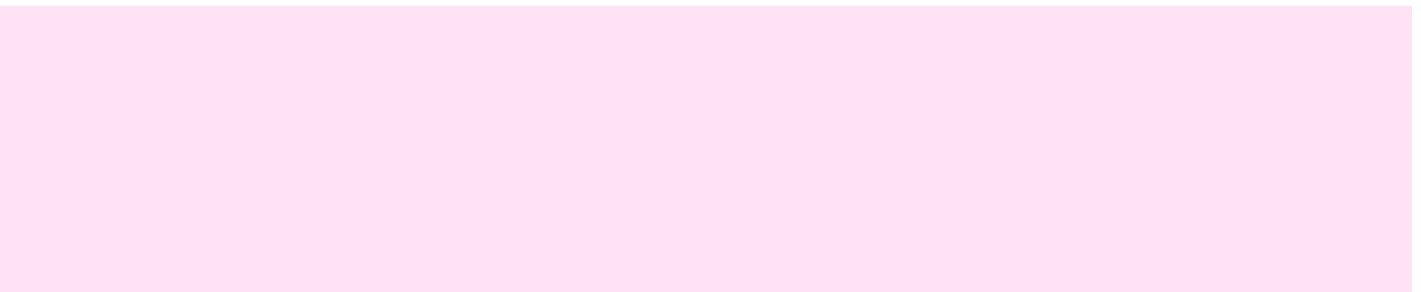
5 things that make me happy in my life right now are:



Things that are NOT making me happy that I need to let go of are:

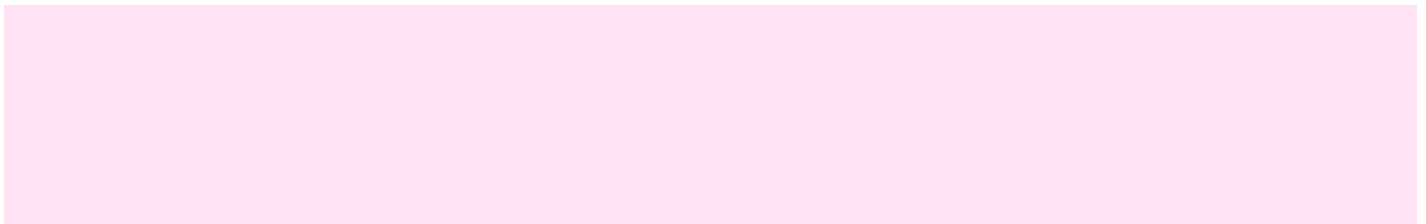


7-10 things that bring me peace are:

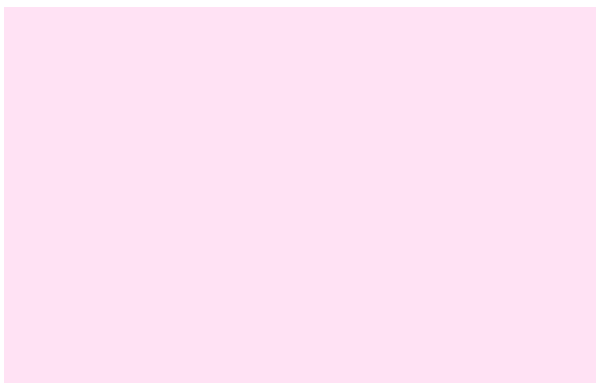


Personal boundaries are vital in order for us to thrive and be in healthy relationships. Having them in place allows us to communicate our needs and desires clearly. It is also used to set limits so that others don't take advantage of us. It is a healthy way to practice self-care and self-respect.

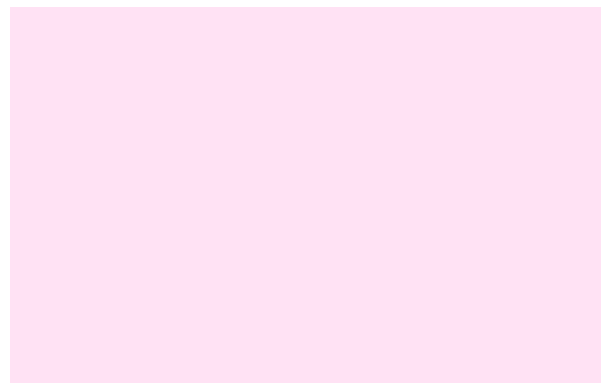
Boundaries are important to me because:



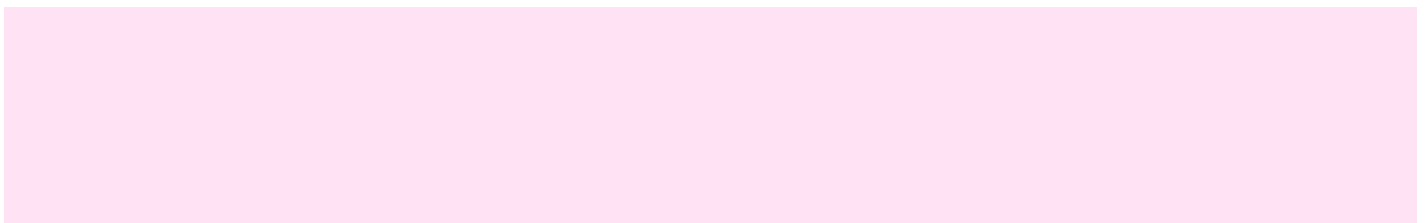
My current boundaries are:



**I need to set boundaries
in these areas:**



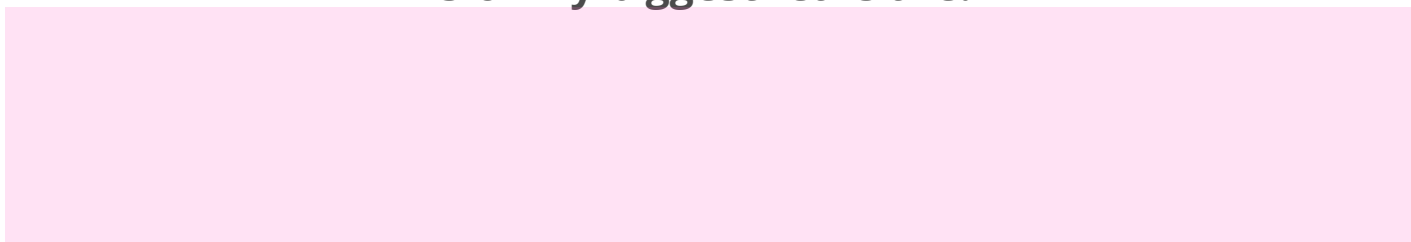
I need to let go of seeking approval from:



**“THE MOST
IMPORTANT
RELATIONSHIP YOU
WILL EVER HAVE
IS THE
ONE WITH
YOURSELF”**

Fear is the biggest thing that holds us back. Fear keeps us from being who we truly are and from living the type of life we want to live. However, the only way to find yourself is to get to know your fears, realize that they are not real, and not let them stop you from becoming who you want to be.

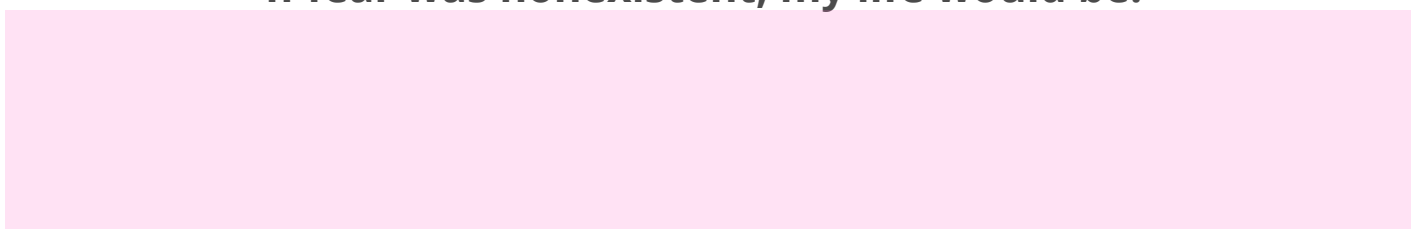
5 of my biggest fears are:



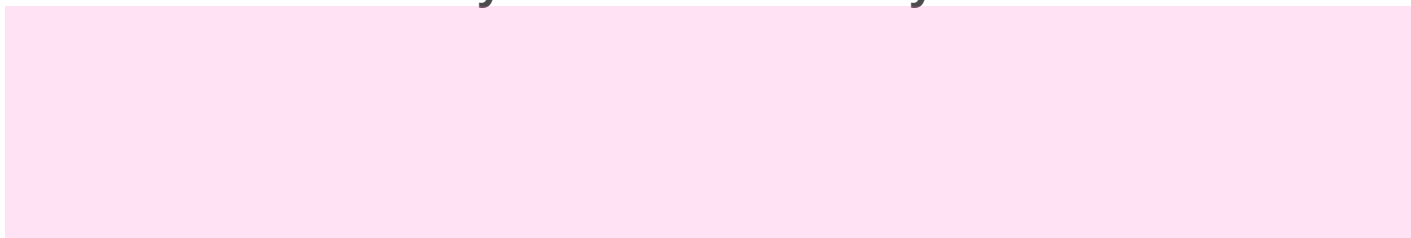
These fears are impacting my life because:



If fear was nonexistent, my life would be:



3-5 ways I can overcome my fears:

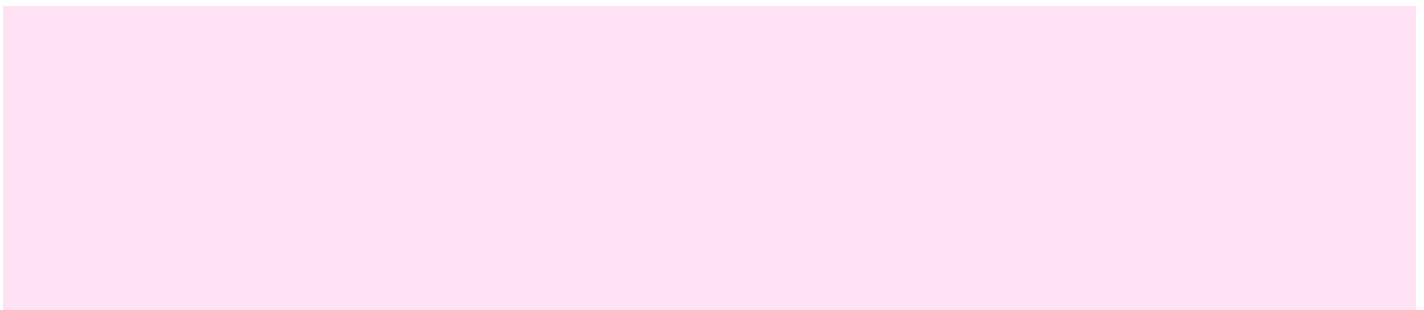


Every day of our lives we are presented with situations, circumstances, challenges and conversations which will cause a **reaction** from us (one way or the other) but we have to remember that It's not what **happens** that matters but how we **react** to what happens.

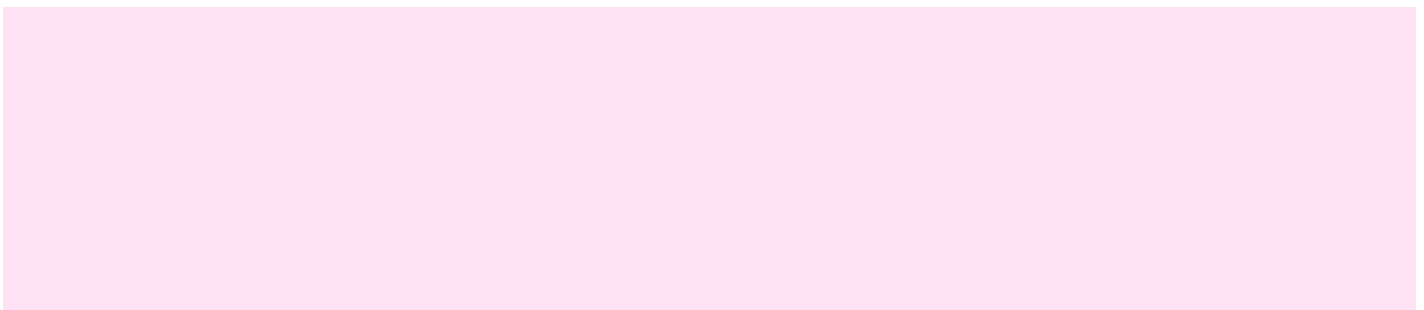
How do you handle painful emotions? Are you afraid to feel them or do you face them head on?



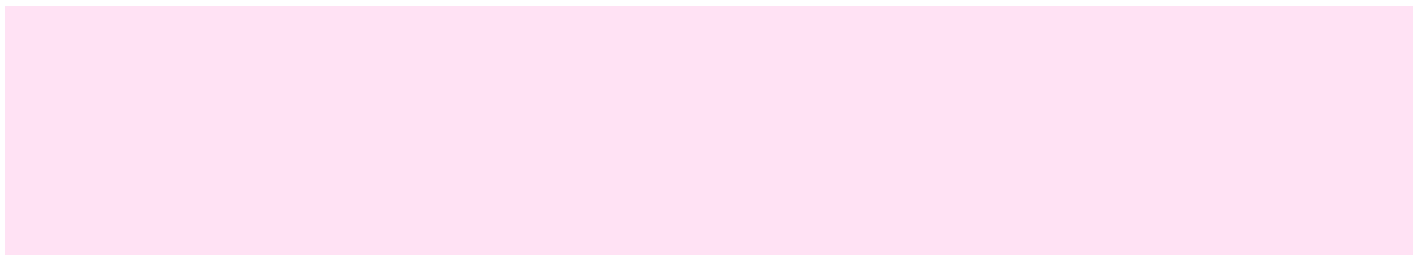
How do you react when something makes you angry?



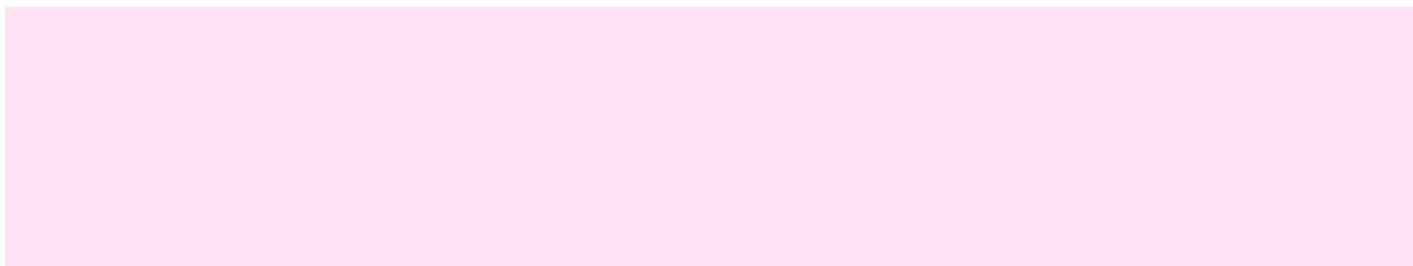
What tends to annoy/irritate/frustrate you the most?



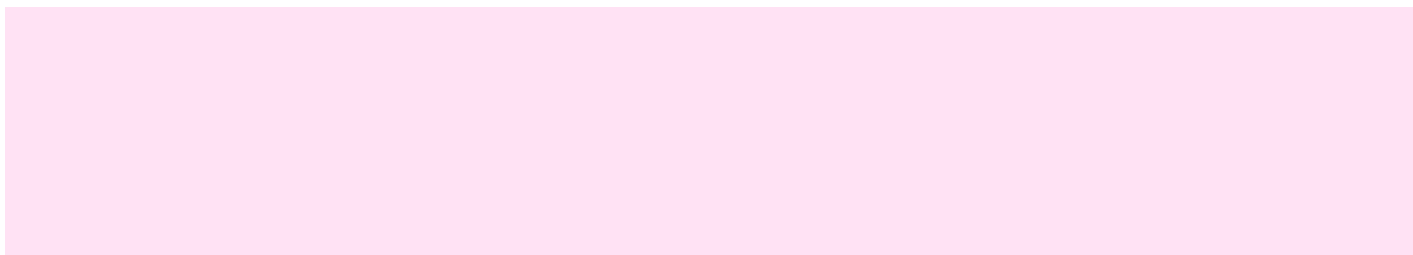
Describe a major challenge or hardship you've faced in your life:



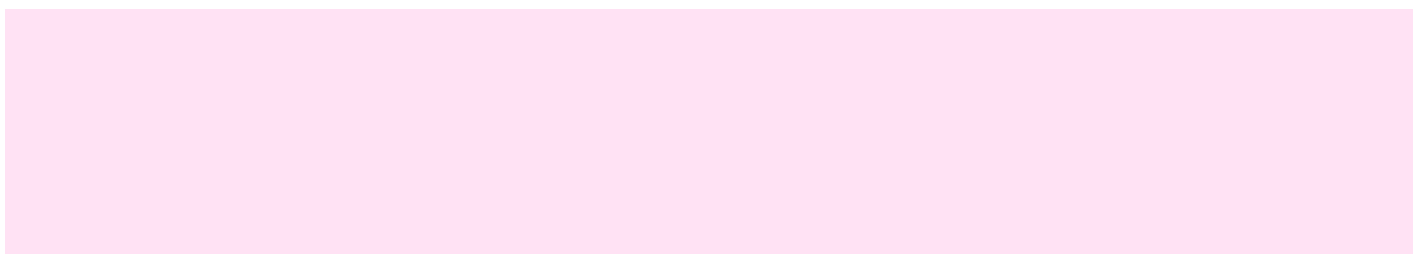
What are the biggest lessons you learned from this challenge or hardship?



How did facing this challenge shape the person you are today?



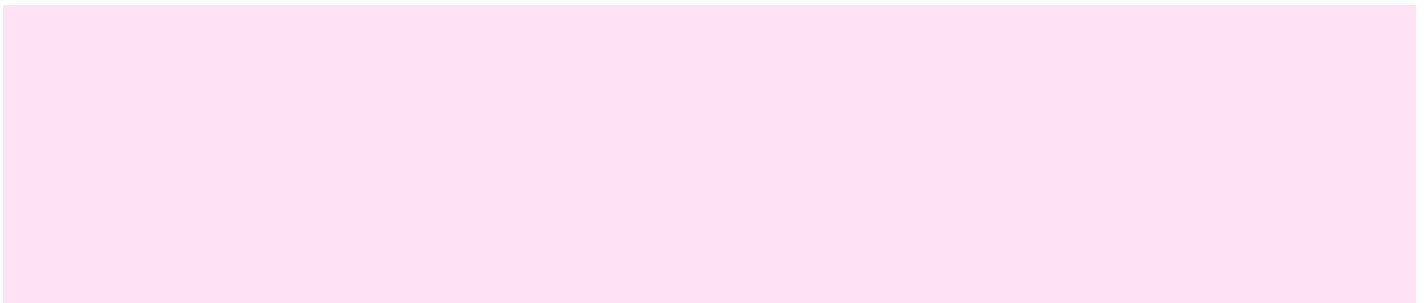
What major successes have you had in your life?



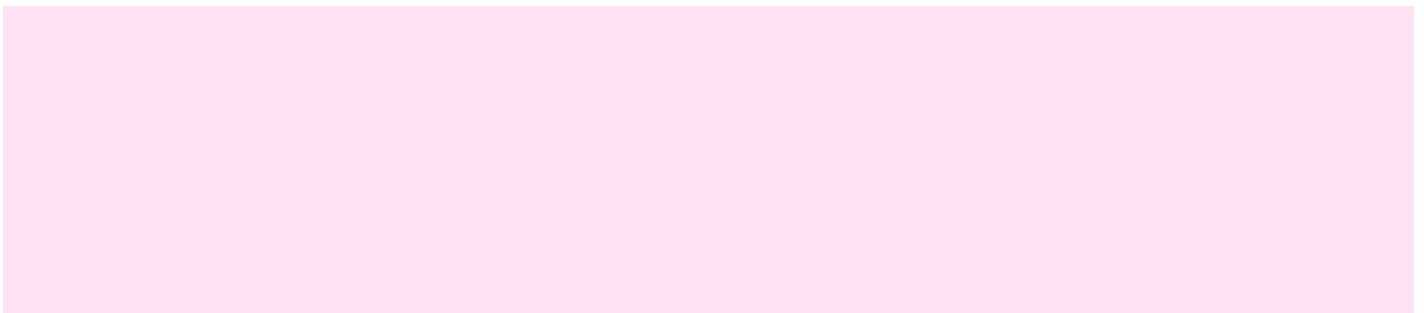
**“YOU DON'T
HAVE TO SETTLE
FOR THE RIGHT
NOW, YOU CAN
CREATE THE LIFE
YOU WANT
TO LIVE”**

Are you holding on to any blame, pain, or inability to **forgive** with your **past**? Are you hanging on to a specific moment in the past that scarred you and can't let it go? Do not let your past define you. Forgive yourself, forgive the past, and forgive the people who have hurt you. Let it go and **rewrite your story**. Rewrite it in a way that is empowering, helpful, and will guide you to be your best self.

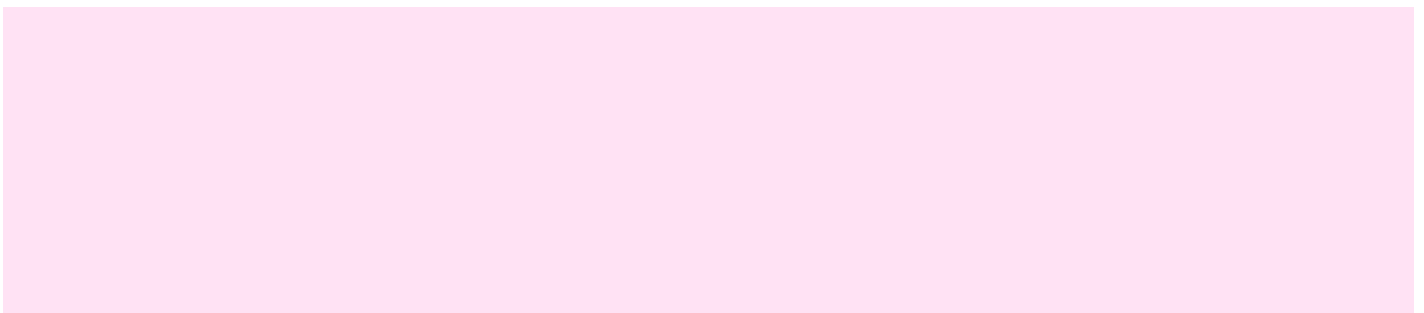
What are the things that you haven't let go of?



Have you forgiven yourself and/or others?



If so, how did the forgiveness make you feel?



Practicing **gratitude** can change your life by making you appreciate what you have rather than what you don't have. **Gratitude** is the single most powerful source of inspiration that any person can tap into if they simply just stop and pay attention to the simplistic meaning of life.

**5 people who I am grateful for
in my life:**

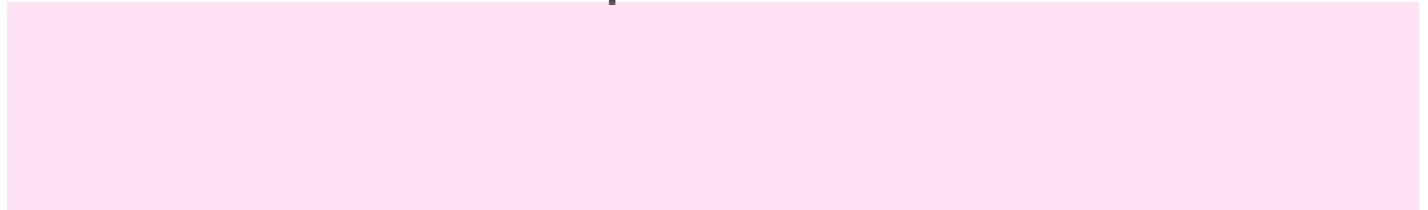
5 things I am grateful for:

**Something I have today that I didn't have a year ago that I'm
grateful for is:**

**Lessons I've learned in my life that I'm grateful for
are:**

Self-love is not simply a state of feeling good. It is a state of appreciation for oneself that stems from the actions of our physical, mental and spiritual growth. Self-love is dynamic; it grows through the actions that mature us. When we act in ways that expand self-love in us, we begin to accept our weaknesses as well as our strengths.

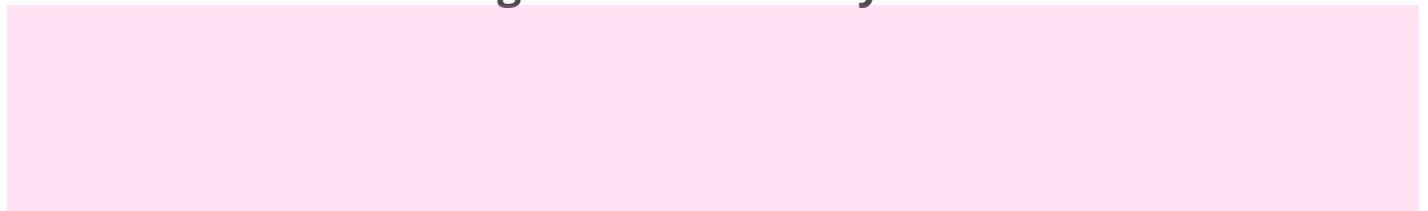
Self-love is important to me because:

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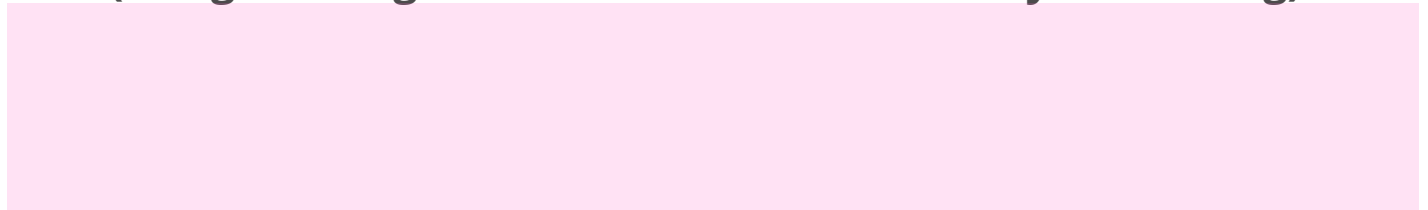
I learned to love myself when:

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5 things I love about myself are:

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My perfect imperfections are...
(things I thought were flaws but I'm actually embracing)

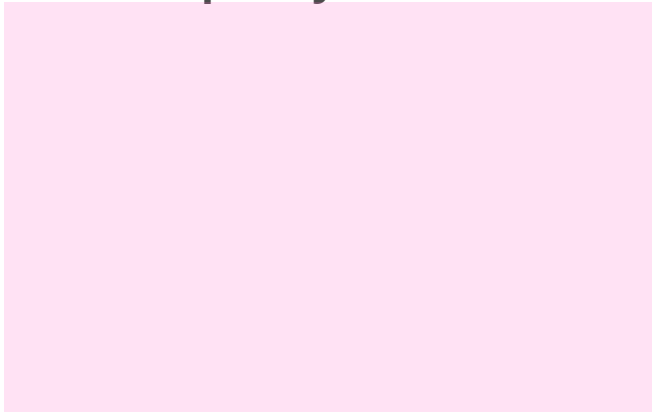
A large, empty pink rectangular box intended for the user to write their response to the question above.

**“PUT YOURSELF
AT THE TOP OF
YOUR TO-DO
LIST EVERY DAY
AND THE REST
WILL FALL INTO
PLACE”**

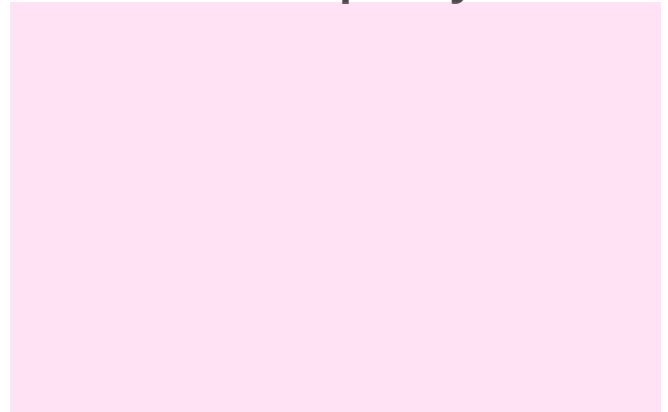
While we have positive qualities, we also have **qualities** that aren't so pleasant. As for these qualities, if they are not serving you in the best way, get rid of them but if they DO have the potential to benefit you, **transform them!**

For example, if you tend to be bossy, blunt or straightforward, how can you use this quality for good? Can you use it to enhance your leadership skills perhaps? There is always a positive spin you can put on anything negative, so tap into how you can do that, and do it!

What is your best quality/trait?



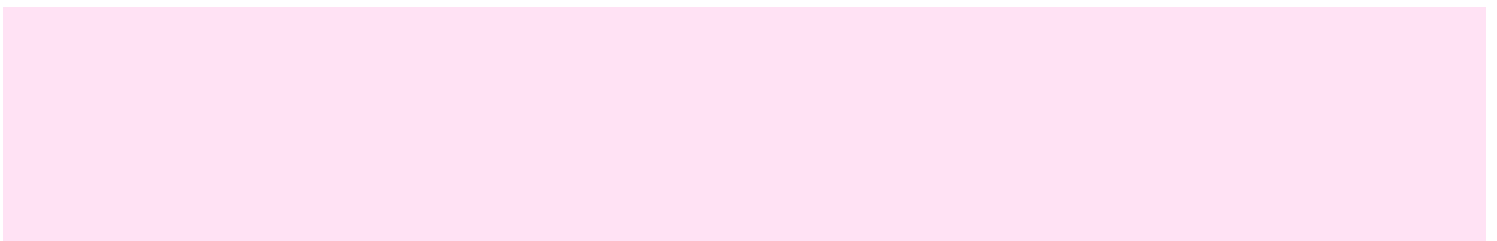
What is your most undesirable quality/trait?



How can you transform this quality into something helpful and positive?



What do you WANT in life? What are your biggest dreams and desires?



How do you define success? What does success mean to you?

Is your idea of success based on achievement, status, wealth, or power? If so, why?

What inspires you?

What do you need to work/focus on, change, or improve in order to be more aligned with the vision you have for your life?

Affirmations

Saying these things to yourself each morning can really make you feel inspired and help you get into the mindset of positive thinking.

"My possibilities are endless"

"I am fearless"

**"My strength is greater than
my struggle"**

"I choose what I become"

**"I've decided that I am
good enough"**

**"Challenges are just
opportunities"**

**"I am grateful for my journey
and it's lessons"**

Affirmations

"I am not my mistakes"

"I am proud of my growth"

"I am creating the life I want to live"

"I accept myself unconditionally"

"What I give is what I will receive"

"I can make it through anything"

"Positivity is a choice...I choose to be positive"

Our **childhood experiences** are the foundation on which the rest of our lives are built and if the foundation has emotional cracks, open wounds or isn't solid it affects the structure of our adult lives. Each of us have a story that we walk out of our childhoods with whether it was good, bad or indifferent.

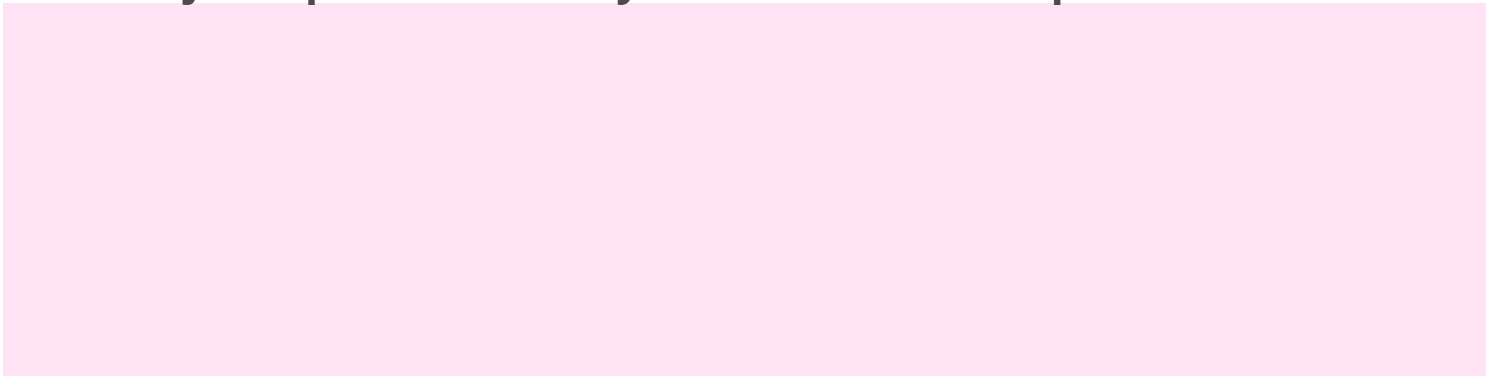
Describe your childhood:



The things I liked/disliked about my childhood were:



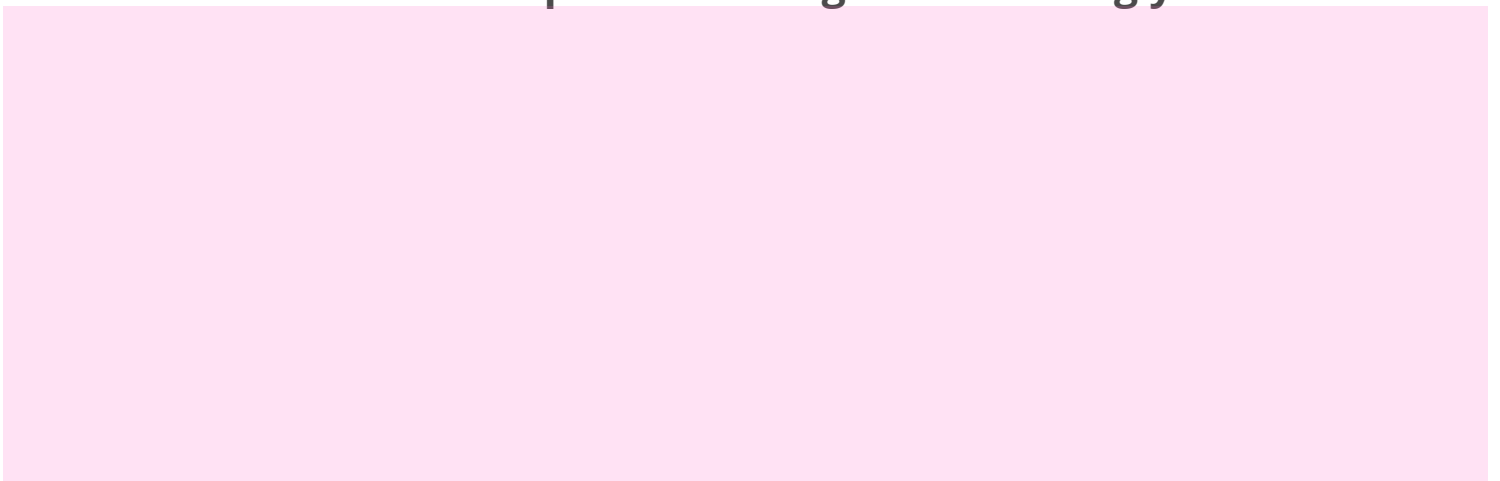
Major experiences in my childhood that shaped me were:



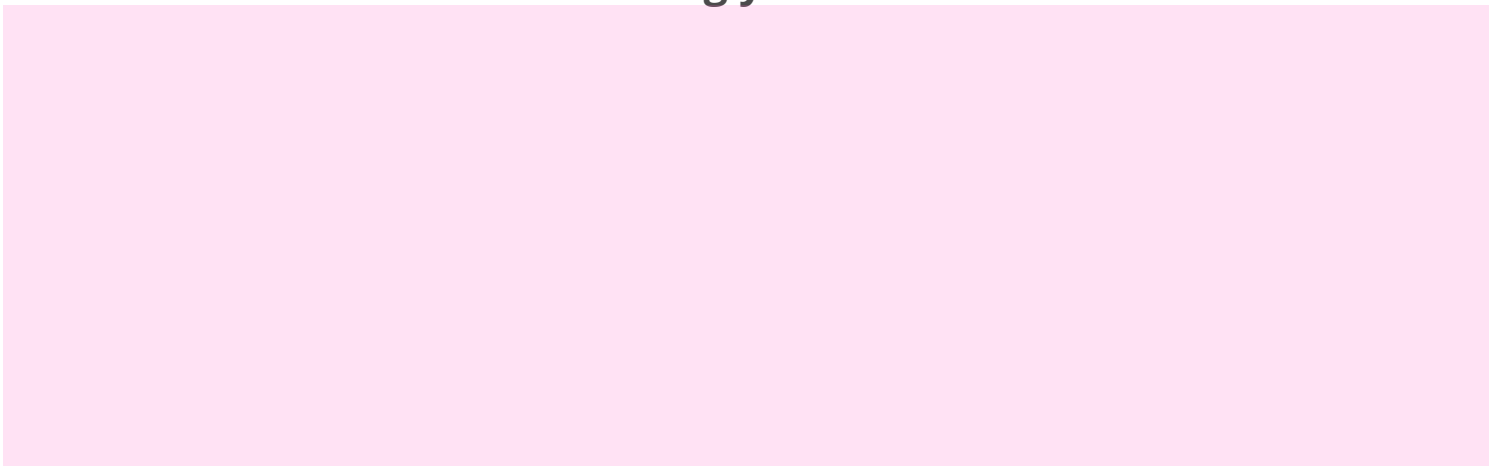
The people I am most thankful for in my childhood are:

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What is a traumatic situation that you've faced in your childhood that keeps resurfacing and affecting your life?

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Have you taken the steps to heal from it? If not, what is holding you back?

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What are some things that were taught in your childhood that you are having to UNLEARN now:

Describe your relationship with your family?

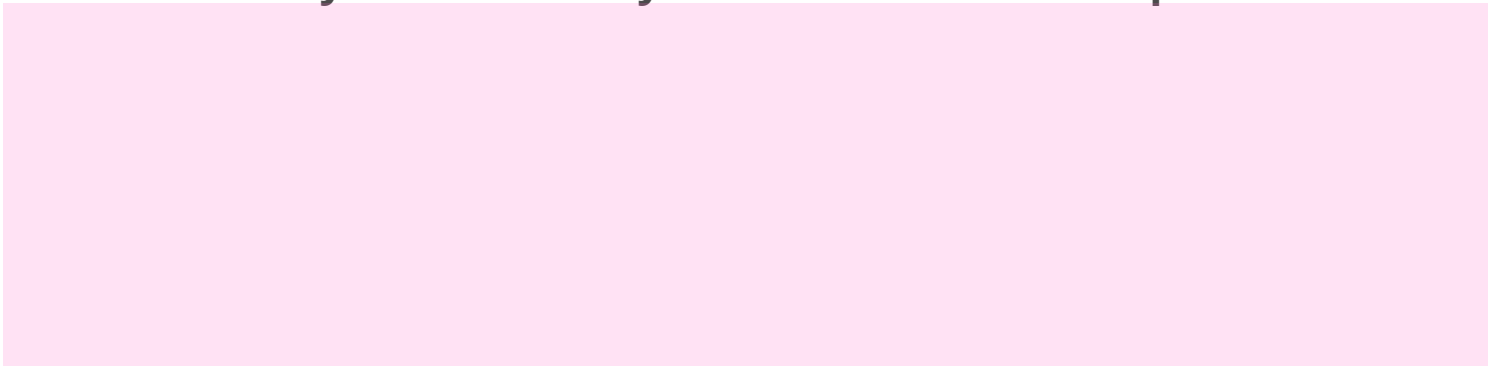
If you do not have a close relationship with your family, why?

There are many types of **relationships** we have throughout our lives. These can include relationships with friends, co-workers, and intimate partners. It is important to respect and value ourselves before getting into intimate relationships with other people. When we have a good sense of personal identity, self-esteem and balance, we can set a solid foundation in establishing a strong and healthy relationship.

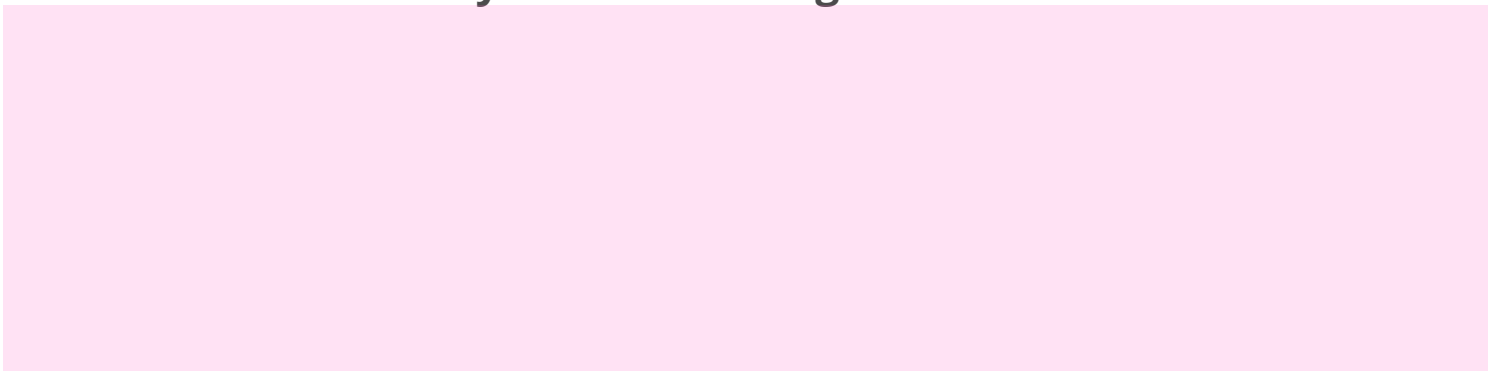
**Describe your current status
(married, in a relationship, situationship or dating)**

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How do you feel about your current relationship status?

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How would you like for things to be different?

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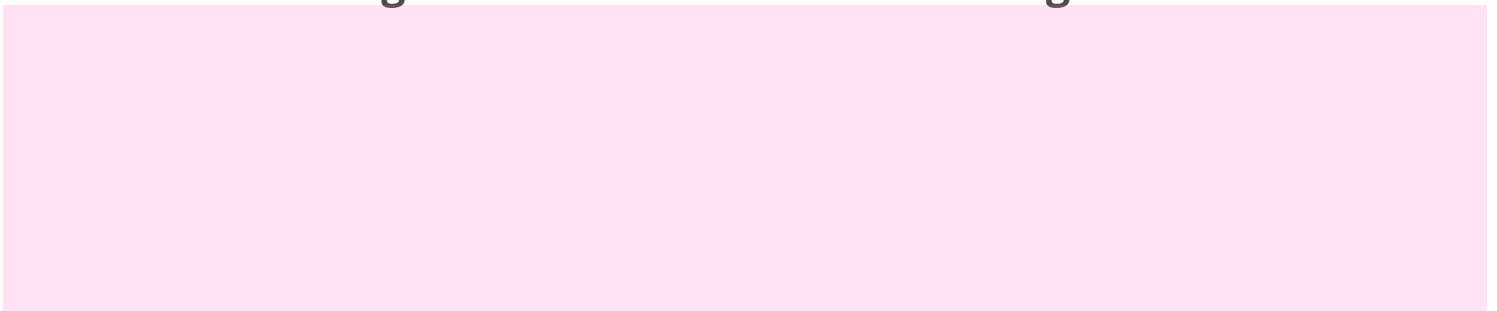
**Do you find it hard to communicate about your needs and wants?
If so, why?**

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How can you improve your communication?

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The negative habits that need to change are:

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**If dating, what are the biggest issues in finding
your potential partner?**

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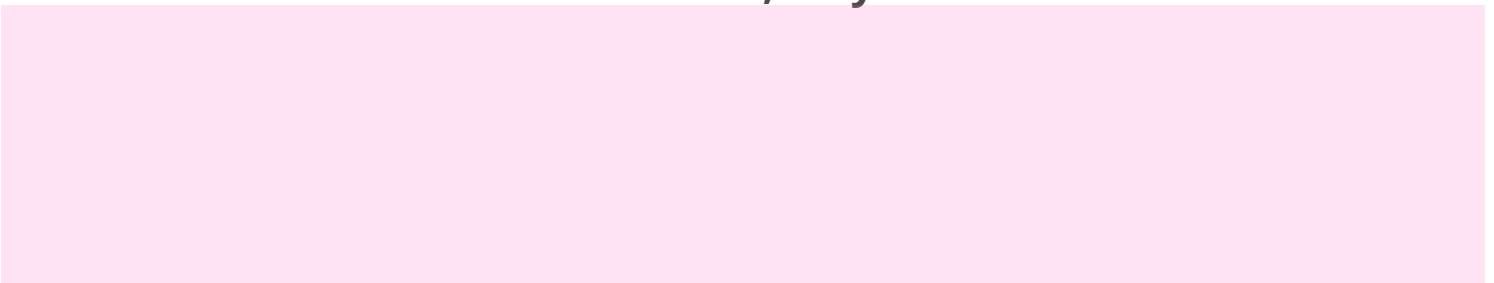
Do you think it is hard to commit? If so, why?



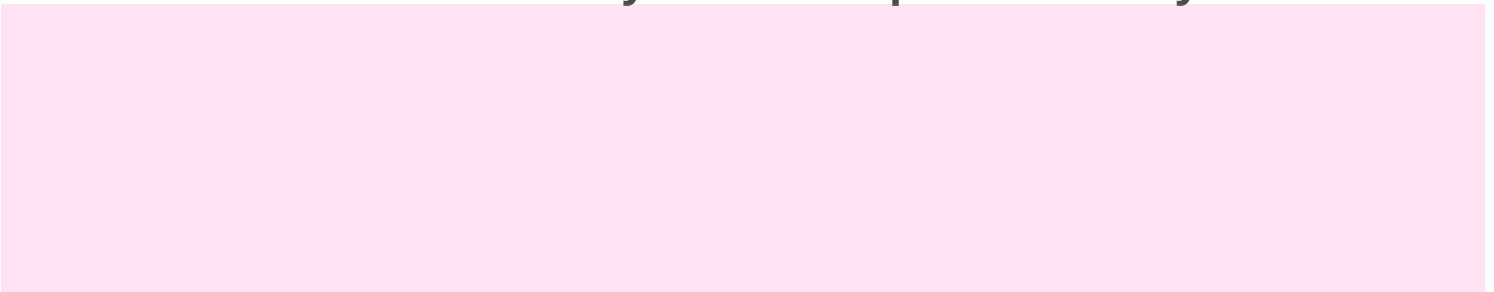
The qualities I would like in a partner are:



Can you reciprocate the same qualities listed above? If no, why not?



What does a healthy relationship look like to you?



Positive Self-Talk

Practicing positive self talk can be difficult. Here are some tips to help guide you through the learning process.

Step 1: Bring Awareness

The first step to reframing your thoughts is to listen and be aware of them so that you can better understand them.

Step 2: Challenge Beliefs

Remember, not all of the thoughts that come into your mind are true. Your thoughts don't define you. Don't accept the the thoughts that you think just because your mind goes there.

Step 3: Choose Your Thoughts

Try to find the patterns in your thinking. Be aware of negative thoughts, but try to focus on shifting your perspective to a positive one.

Step 4: Check Your Environment

Your environment and the things you are surrounded with can have a big impact on the way that you talk to yourself. Is the environment that you are in bringing you more negative feelings than positive ones?

Step 5: Practice it Daily

When you repeat positive thoughts, it helps you develop a gentle and kind way to talk to yourself.

Daily Habits Checklist

- o I am worthy and deserve all that my soul desires.
- o I embrace all of who I am physically and spiritually, unapologetically.
- o I am deeply grateful for the now, the past, all that is coming.
- o Live authentically and genuinely.
- o Don't sweat the small stuff.
- o Life isn't an emergency or competition. Don't take life too seriously.
- o Be patient. Trust timing and be understanding towards others.
- o Be mindful and practice meditation.
- o Be the first to act lovingly and reach out.
- o Think of someone to thank and show them appreciation.
- o Listen more, don't interrupt others.
- o Do one thing at a time.
- o Choose faith over fear.
- o Seek to constantly learn. Life is a classroom.
- o Be flexible and open wide to all of the possibilities.
- o What I focus on grows.
- o I am responsible for and create my life. No one else is to blame.
- o Let go of judgement, perfection and comparison.
- o Consciously choose to focus on the positive.

Additional Journal Prompts

Choose a prompt, and begin writing, allowing your hands to flow freely without limitation.

What do I want more of in my life?

What are 5 things I deeply look forward to every day?

I want to be remembered for...

My inspiration is..., and we relate because...

If I describe myself through the eyes of a loved one, it would be...

Who appreciates me?

My accomplishments for the next 5 years are...

My favorite song is..., because it makes me feel...

What does trust mean to me?

Have I ever valued someone else's opinion over my own? Why?

Where do I want to be this time next year?

If I could change one aspect of my life, what would it be?

Something I am afraid to ask for is..., because...

Something I am committed to changing in my life for happiness is...

What are some things that are currently draining my energy?

Where can I better use my energy?

The best decision I have ever made is...

Something that I would love to do but am afraid to try is...

What is my love language and when do I feel loved?

What is the greatest lesson I have learned in life so far?

I feel most energized when...

What can I learn from my mistakes?

What has surprised me the most in life so far?

What is the best piece of advice I have ever received?

What does abundance look and feel like to me?

What legacy do I want to leave behind?

What are my top priorities in life right now?

What advice would I give to someone else my age?

Where in the world do I want to travel to most and why?

What are three things that I learned today?

What does my support system look like and does it need to be stronger?

What are my beliefs about life, love, success, health and wealth?

How can I start to step out of my comfort zone?

What do I currently need to release and let go of in my life in order to move forward?

A large, soft pink brushstroke graphic that serves as a background for the text.

Thank You!

I hope you've gained a deeper understanding of yourself by navigating this guided journal. Self-discovery plays a vital part in our personal growth. I am glad that you have taken the time to RESET and do the inner work. I look forward to seeing the best version of you BLOOM!