

# THE LEVEL **10** LIFE GUIDE TO JOURNALLING



The following pages have 35 questions for you to answer for every common mood.

There is no expectation with journalling and the only person who is reading this is **you**.

Try not to write your answers in a way that reads right to others.

Answer honestly, really think about your answers and try to dig deep on how you **really feel**.



# JOURNAL

*and reflect*



Grab a notebook, a piece of paper or your phone. Answer between 3-5 questions in the morning and 3-5 questions in the evening, at the end of your day. Also included is a section for when you may need to reflect on what is going on in your day and how you can change it around.

**AM**

When I think of what lies ahead today, how do I feel? Why do I feel that way?

**AM**

What am I going to do today that will move me closer to where I want to be?

**AM**

What do I need to make time for today?

**AM**

What is one thing I'm going to do today to make myself feel good?

**AM**

What are 3 things I'm grateful for this morning?

**AM**

If today becomes stressful, or doesn't go to plan, how will I handle that?

**AM**

How can I make today better than yesterday?



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**PM**

Did today go how I planned? If yes, what went successfully? If no, how can I learn from this?

**PM**

What is one thing I can do better tomorrow?

**PM**

What is one thing I have learnt today?

**PM**

What are 3 things I am grateful for right now?

**PM**

What is one thing that is playing on my mind right now? How can I solve it?

**PM**

What was the highlight of my day today?

**PM**

What is one compliment I can give myself right now?



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**STRESS**

Why do I feel this way?  
What is causing it?

**STRESS**

What is one thing I can do right now to  
feel better?

**STRESS**

Is there a solution to the problem?  
If yes, journal the solution. If no, think of  
some ways you can help alleviate the  
stress.

**STRESS**

What are 3 things I am grateful for right  
now?

**STRESS**

Who can help me through this? What do I  
need to ask for?

**STRESS**

How can I turn today around?

**STRESS**

What can I do better tomorrow so I don't  
feel this way?



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**ANXIETY**

Is there a particular reason for why I am feeling this way? Do I know how I'm feeling?

**ANXIETY**

What do I need to do to manage my anxiety levels? Exercise? More sleep? More time to myself?

**ANXIETY**

What are 3 things I am grateful for today?

**ANXIETY**

Who am I grateful for today?  
Who am I grateful for?

**ANXIETY**

Who can help me through this?  
What do I need to ask for?

**ANXIETY**

Have I been looking after myself recently?  
Am I sleeping well? Am I eating well?

**ANXIETY**

What would you say to a friend right now if they felt this way?



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## GRATEFUL

What are 3 things I am grateful for right now? Who am I grateful for?

## HAPPY

How can I maintain this state? What is happening in my life that I need to keep hold of?

## CALM

What has helped me feel calmer? How can I implement this in daily life?

## EXCITED

What is happening? How do I want to remember this moment?

## POSITIVE

What do I feel positive about? How can I maintain a positive mindset?

## THANKFUL

What am I thankful for?  
Who do I need to thank?

## FULFILLED

What is giving me purpose right now? What is it I need to do to maintain this feeling?