

Journal Mindfully with Action Planner

JMA Planning is a 4 step process which guides you to meeting your goals. You take action on where you are headed and make your dreams a reality. It does not happen over night but by breaking pieces down into baby steps which flow with the weeks you will see results.

Here are some steps to get you started.

Subscribe to my YouTube channel for more on journalling mindfully with action.

Dream it.
Plan it.
Journal it.
Take Action.

PLANNING MINDFULLY WITH ACTION

Take some time, maybe over two days, and answer these questions. Don't overthink it. Write down what first comes to mind. These questions will help you map your dreams/goals and plan your year to come.

DREAM BIG

1. Why are you doing what you do?

2. Where do you want to be in 10 years?

TACKLE THE BIG STUFF

3. What makes you unhappy?

4. What is one thing you are doing right now that brings you joy?

5. What obstacle(s) stand in your way?

YOU CAN DO IT

6. Are you ready to make a change?

7. Where do you want to be in 5 years?

MAKE IT POSSIBLE

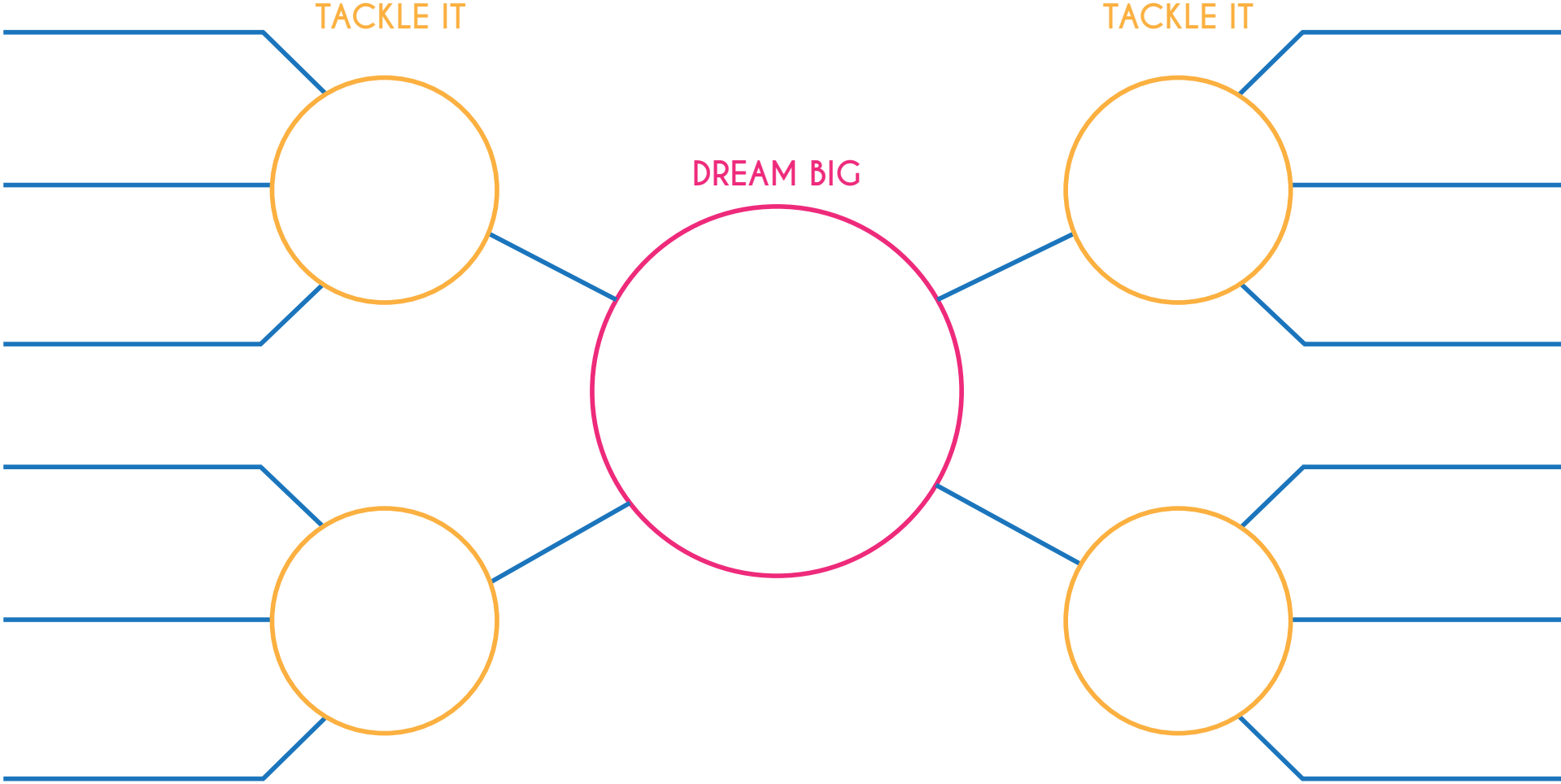
8. What do you believe is possible in the next year?

9. How would you like to be perceived or known?

MAP IT. STACK IT. PLAN IT.

MAKE IT HAPPEN

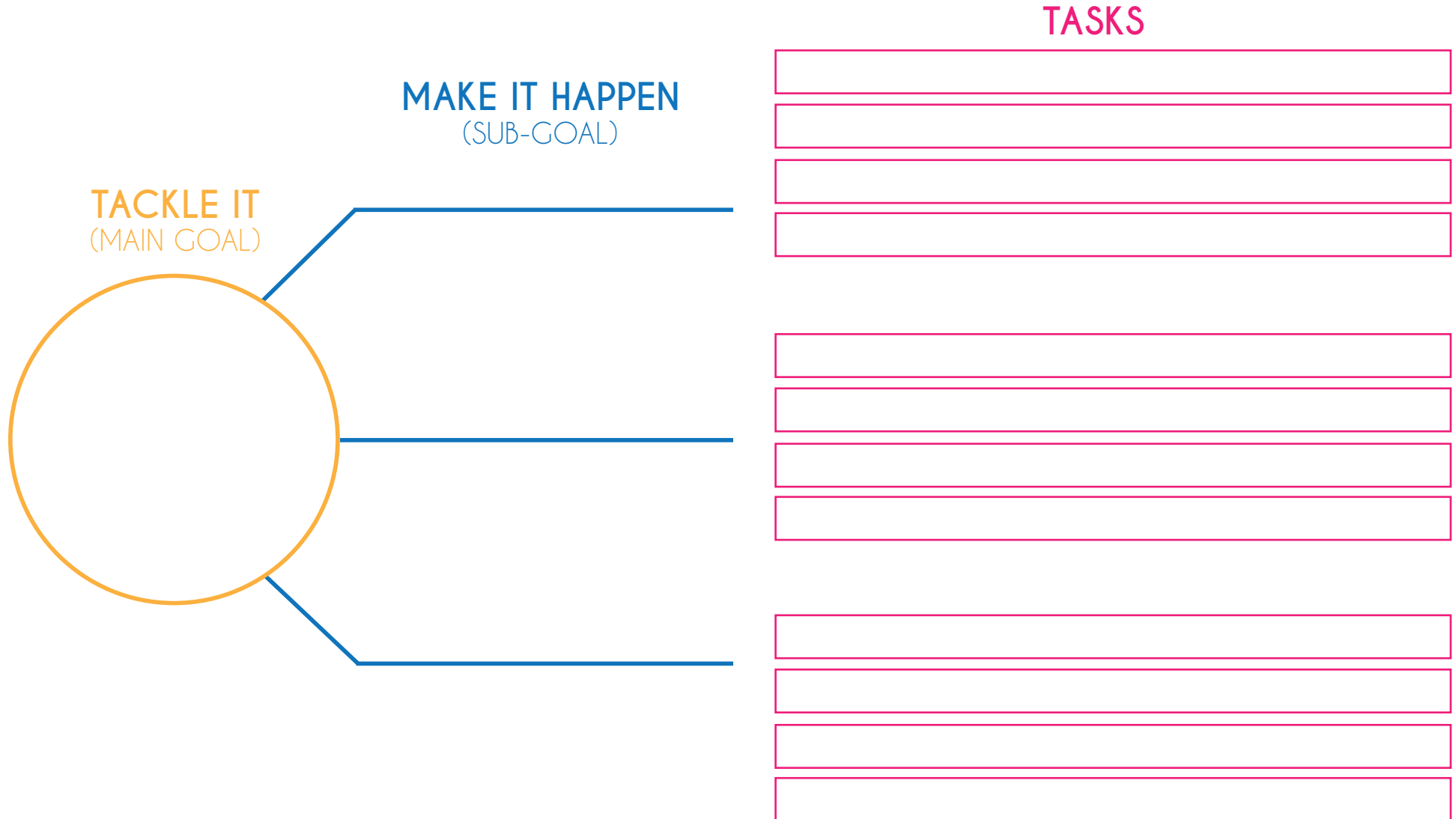
MAKE IT HAPPEN





MAP IT. STACK IT. PLAN IT.

PLANNING THE GOALS



MAP IT. STACK IT. PLAN IT.

MY IDEAL WEEK

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

