## [**Olutobi**](https://olutobi.com/)

Journal Prompt/Worksheet

Hello Friend,

Thanks for downloading my journal Prompt/worksheet

Journaling is one of my hobbies. It also helps me cope with anxiety.

**How to use it**:

Whenever you feel anxious or overwhelmed, pick out your journal and answer the questions below. You can also just print this worksheet and enter the answers directly.

Perfect for whiling away time or reminiscing about good times.

| **Some favourites** |
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| Top 5 favourite books: |
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| Top 4 Favourite movies: |
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| Top 3 Favourite songs: |
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| Top 2 places you’ve travelled |
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| Favourite thing to do ever: |

| **Things you’ve done** |
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| 5 Books You’ve read this year |
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| 4 cities you’ve slept in this year |
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| 3 things you are good at: |
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| 2 people you’ve complimented this year |
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| 1 goal you’ve achieved this year |
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| **Creating Good Memories:** |
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| Top 5 important moments this year: |
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| 4 important life lessons you’ve learnt this year |
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| 3 people you see everyday and one good or quirky habit they have: |
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| 2 times you’ve felt really happy: |
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| What matters most to you? Describe in not more than 10 words |
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| **Self care favourites:** |
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| 5 favourite people in your Life |
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| 4 people that inspire you the most: |
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| 3 things you love about your body |
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| 2 things you’ve given out in the last one month |
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| 1 new thing you’d love to try for leisure |
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| Favourite way to relax: |
| Favourite comfort food: |
| Favourite type of sport or exercise: |
| Favourite TV show to watch: |
| Favourite person to speak to: |
| Favourite cocktail/mocktail: |

| **Self awareness/spiritual** |
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| 3 Favourite quotes: |
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| 2 bible verses that come to mind often: |
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| Favourite preacher: |
| Best advice you’ve ever gotten: |
| One thing you are curious about: |
| What do you know for sure?: |
| What would you like your legacy to be: |
| How do you stay grounded? |

| Self evaluation: |
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| What scares you the most about life: |
| 5 things you are grateful for (about your life) |
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| Why do you think you are here? (just guess, if you are not sure) |
| 3 Things I would like to create: |
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| Describe what your life would look like, if all your dreams came true: |
| 2 things you need to stop worrying about |
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|  |
| 1 thing you desire in your life right now and why? |
| If you weren’t afraid, what would you change about your current life? |
| What are you hopeful for? |
| Name one person you need to reach out more to: |

#### Take Action:

If you are inspired to do something while filling out this worksheet, do it. Don’t procrastinate.

Once you’ve completed this worksheet, don’t throw it away. Keep it safe and when you stumble on it, some years or months later, hopefully you’d see that your life has progressed well.

Cheers.

Tobi Amokeodo