

100 DAYS OF...

SELF-

EXPLORATION

A SELF-DISCOVERY JOURNAL

Questions And Prompts
That Will Help You Gain
Self-Awareness In Less

Than 10 Minutes A Day

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INTRODUCTION

Hey there,

Looking for a way to start a new hobby -- a new hobby that just might bring about some crazy amazing benefits to your life? Searching for a way to feel a bit more in control of those things that are bothering you? Or trying to find simple ways to build your creativity? Or just looking for a hobby that will get

you to think a bit more about your life and habits?

Why, journaling just may be for you!

Hello, friend! My name is Amy Blake and I'm here to guide you on a 100 day journey to journaling. As you commit to this little challenge you've put yourself on, you'll slowly discover a variety of benefits and thoughts (and emotions!) that journaling can bring you.

Journaling has *so* many benefits, including (but *definitely* not limited to):

Increasing self-confidence

Sparkling creativity

Strengthening self-discipline

Evoking mindfulness

And Expanding your IQ

And here's the great thing: this isn't a challenge that's going to take up all of your time. Nope, not at all! In fact, the great thing about this journaling adventure is it's all up to you. *You* write

when *you* want to write. You write *what* you want to write. So, if that means you write for five to ten minutes a day, then that's what that means!

Journaling can be a daily experience that lasts only a few minutes to maybe a few hours. Finding what is comfortable for you and your lifestyle is the main priority to making sure you continue on strong through this 100 day journey!

Before I get into the nitty gritty

of why you should journal and *how* you should, or could, journal, I should probably mention some of the basic benefits and qualities that journaling can bring to your lifestyle. First of all, journaling is such a cathartic hobby to have (along with all of those beneficial habits we talked about above).

Have something that's been weighing on your mind, but yet don't really have anyone to talk to? Or maybe your friend, your spouse, your family member did

something that's *so* annoying, yet so small, and you just need to rant or talk about it a bit. Well, writing all of this down is actually a great way to get those little worries or annoyances off of your chest. It's really quite amazing how simply writing about something -- and putting it out there in the universe, so to speak -- can really help lift your mind free from these things that may be wearing you down.

That's just *one* benefit that comes from journaling.

Before we get into any more of the added benefits that come from journaling, let's break down what journaling even means.

Basically, journaling means writing down thoughts, ideas, opinions, or what you have done for the day. It can be like a diary, or it can be like a stream of consciousness note taking of the day. People in a variety of different careers -- and a variety of different lifestyles or

generations -- use journaling in various ways for different reasons. Regardless of where you are in your life, writing down some thoughts or random ramblings of the day can really bring some benefits to your daily life.

Now, how you keep your journal organized is definitely up to you.

Some have big journals, some have small pocket sized ones. This one probably lies somewhere in the middle.

Some write throughout the day, some write just in the morning, some write just at night. Again, this is all about finding out what fits in your lifestyle and in your schedule -- don't pressure yourself! Journaling should be a fun experience to help you relax and get some added pressure off of your chest or your mind.

Let's get back to those benefits, shall we?

As we mentioned earlier,

journaling can really help in a variety of different ways -- and there are some amazing benefits to keeping a daily journal.

Self-discovery

We slightly touched on this above when we talked about how cathartic writing is. This catharsis falls hand in hand with self-discovery. Sometimes, you really don't realize how you feel about a person, a topic, or a situation until you write about.

By journaling, you really think through what is happening, which can help you come to conclusions that you might not have without the process of journaling. This could be in relation to something really important in your life, to something incredibly small (like whether or not you really want to continue to pay for Hulu or whether you should walk at this or that park).

Self-discovery is, obviously, quite important -- but quite hard

to come by. Journaling helps bring awareness like no other. It's a private experience that can really help you out, regardless of what stage of life you are in or what your specific lifestyle is like.

Gratitude

Journaling can really help bring you to a state of mind that no other hobby or method can. This can come from self-discovery, or through just the simple process of writing down

your daily habits or circumstances. Gratitude and mindfulness fall hand in hand with journaling.

By simply writing daily, you can help steady your mind -- even if it's a particularly wandering type of mind -- and force yourself to focus on the day you've had, the emotions you've felt, the circumstances you found yourself in. This can lead to gratitude towards yourself, the people in your life, or your just overall lifestyle that you're

leading!

Happiness

Happiness is just around the corner when you journal. Remember when we talked about how journaling is cathartic? Yeah, getting those stressful moments off your chest and out of your mind can really help bring about some of the happiness you may feel you're missing.

Happiness can also stem from

that sense of self-discovery and awareness you experience when you start to journal. It's really quite amazing what steadying your mind and reliving the events of the day can do for your mental awareness and mindfulness!

Inspiration

Writing down your thoughts and emotions throughout the day is one way to really help draw in some creative inspiration. If you

decide to use your journal in a more liberal way, I highly recommend jotting down any ideas or notes you have throughout the day. This makes keeping your journal on you often a necessity.

Say you would like to write more and are looking for some great plots or character ideas. You never know when some inspiration will strike. You could overhear something at a restaurant or while riding the bus or while at work.

Literally, inspiration is everywhere, all around us, at all times. But we tend to either ignore this, or we remind ourselves that we should remember some idea or funny thing that happened earlier... only to promptly forget it.

Keeping a journal, and daily journaling, is just one way to really help pull in some much needed creativity or inspiration that you feel you are lacking. It's amazing how this works, just

from jotting down some random notes or ideas! Each day there's a new question that will "force" you to get inspired and there's plenty of room for you to jot down any other ideas the day might bring.

Let's start writing!

Now that I've narrowed down some benefits and a few tips to get you excited for journaling, let's start our adventure! 100 days might *seem* like a bit much -- but it'll fly by before you know

it.

You'll pick up this habit soon enough (it's almost like it becomes muscle memory!), meaning you'll pick up these benefits quickly, too!

So, what are you waiting for?
Let's start writing!

Here's to 100 days of journaling
-- here's to 100 days of self-
discovery, more inspiration,
more reflection, more
everything!

I can't wait to start this journey
with you!

Cheers,
Amy J. Blake

DAY: 1

DATE:.....

WHO ARE YOU?

DAY: 2

DAY: 3

DATE:.....

WHAT ARE YOU PASSIONATE
ABOUT?

DAY: 4

DAY: 5

DATE:.....

WHAT ARE YOU MOST
GRATEFUL IN LIFE?

DAY: 6

DAY: 7

DATE:.....

WHAT ARE YOUR VALUES?

DAY: 8

DAY: 9

DATE:.....

WHAT ARE THE 3 BIGGEST
THINGS YOU'VE LEARNED IN
LIFE TO DATE?

DAY: 10

DAY: 11

DATE:.....

WHAT ADVICE WOULD YOU GIVE
TO YOURSELF 3 YEARS AGO?

DAY: 12

DAY: 13

DATE:.....

WHAT DO YOU FEAR? HOW CAN
YOU OVERCOME IT?

DAY: 14

DAY: 15

DATE:.....

WHAT ARE YOU WORRIED
ABOUT? WILL IT MATTER 3
YEARS FROM NOW?

DAY: 16

DAY: 17

DATE:.....

WHAT ARE YOUR BIGGEST
GOALS AND DREAMS?

DAY: 18

DAY: 19

DATE:.....

IF YOU COULD DO SOMETHING
FOR FREE FOR THE REST OF
YOUR LIFE, WHAT WOULD IT
BE?

DAY: 20

DAY: 21

DATE:.....

WHAT WOULD YOU DO IF YOU
KNEW YOU COULD NOT FAIL &
THERE WERE NO LIMITATION OF
RESOURCES (MONEY, TIME,
...) ?

DAY: 22

DAY: 23

DATE:.....

WHAT'S STOPPING YOU NOW &
HOW CAN YOU OVERCOME IT?

DAY: 24

DAY: 25

DATE:.....

ARE YOU PUTTING ANY PARTS
OF YOUR LIFE ON HOLD?
(HONESTLY)

DAY: 26

DAY: 27

DATE:.....

WHAT'S THE TOP PRIORITY IN
YOUR LIFE RIGHT NOW?

DAY: 28

DAY: 29

DATE:.....

WHAT AND WHO MAKES YOU
HAPPY?

DAY: 30

DAY: 31

DATE:.....

WHAT IS SOMETHING YOU
REGRET DOING? IS IT
AFFECTING YOU TO THIS DAY?

DAY: 32

DAY: 33

DATE:.....

WHAT IS A POSITIVE MEMORY
THAT STANDS OUT FROM YOUR
CHILDHOOD?

DAY: 34

DAY: 35

DATE:.....

WHAT IS A NEGATIVE MEMORY
THAT STANDS OUT FROM YOUR
CHILDHOOD? WHAT DID YOU
LEARN FROM IT?

DAY: 36

DAY: 37

DATE:.....

WHAT LIMITING BELIEFS ARE
YOU HOLDING ON TO?

DAY: 38

DAY: 39

DATE:.....

WHAT EMPOWERING BELIEFS
CAN YOU TAKE ON MOVING
FORWARD?

DAY: 40

DAY: 41

DATE:.....

WHAT ARE SOME BAD HABITS
YOU WANT TO REPLACE?

DAY: 42

DAY: 43

DATE:.....

WHAT GOOD HABITS YOU WANT
TO CULTIVATE INSTEAD?

DAY: 44

DAY: 45

DATE:.....

WHERE ARE YOU LIVING RIGHT
NOW?
PAST, FUTURE OR PRESENT?

DAY: 46

DAY: 47

DATE:.....

WHAT IS YOUR LIFE'S
PURPOSE? WHAT IS YOUR
MISSION?

DAY: 48

DAY: 49

DATE:.....

WHAT DRIVES YOU? WHY DO
YOU WAKE UP EVERY DAY?

DAY: 50

DAY: 51

DATE:.....

HOW CAN YOU MAKE YOUR LIFE
MORE MEANINGFUL STARTING
TODAY?

DAY: 52

DAY: 53

DATE:.....

HOW CAN YOU CHANGE
SOMEONE'S LIFE FOR THE
BETTER TODAY?

DAY: 54

DAY: 55

DATE:.....

**WHO ARE THE 5 PEOPLE YOU
SPEND THE MOST TIME WITH?**

DAY: 56

DAY: 57

DATE:.....

ARE THESE PEOPLE HOLDING
YOU BACK OR PUSHING YOU
FORWARD?

DAY: 58

DAY: 59

DATE:.....

WHAT IS YOUR IDEAL LIFE
PARTNER LIKE?

DAY: 60

DAY: 61

DATE:.....

ARE YOU AFRAID OF LETTING
OTHERS GET CLOSE TO YOU? IF
SO, WHY?

DAY: 62

DAY: 63

DATE:.....

WHO IS THE MOST IMPORTANT
PERSON TO YOU IN THE
WORLD?

DAY: 64

DAY: 65

DATE:.....

HAVE YOU LET HIM/HER KNOW
HOW MUCH YOU VALUE THEIR
CONTRIBUTIONS TO YOUR LIFE?

DAY: 66

DAY: 67

DATE:.....

WHAT IS YOUR IDEAL CAREER?

DAY: 68

DAY: 69

DATE:.....

HOW CAN YOU START
CREATING YOUR IDEAL CAREER
STARTING TODAY?

DAY: 70

DAY: 71

DATE:.....

WHAT IS YOUR IDEAL DIET?

DAY: 72

DAY: 73

DATE:.....

WHAT DO YOU NEED TO DO TO
ACHIEVE YOUR IDEAL DIET?

DAY: 74

DAY: 75

DATE:.....

WHAT IS YOUR IDEAL HOME
LIKE?

DAY: 76

DAY: 77

DATE:.....

WHAT DO YOU NEED TO DO TO
ACHIEVE YOUR IDEAL HOME?

DAY: 78

DAY: 79

DATE:.....

WHAT IS YOUR IDEAL PHYSICAL
LOOK?

DAY: 80

DAY: 81

DATE:.....

WHAT DO YOU NEED TO DO TO
ACHIEVE YOUR IDEAL PHYSICAL
LOOK?

DAY: 82

DAY: 83

DATE:.....

WHAT IS YOUR IDEAL LIFE?

DAY: 84

DAY: 85

DATE:.....

WHAT CAN YOU DO TODAY TO
START LIVING YOUR IDEAL LIFE?

DAY: 86

DAY: 87

DATE:.....

WHAT WOULD YOU WANT TO
SAY TO YOURSELF 3 YEARS IN
THE FUTURE?

DAY: 88

DAY: 89

DATE:.....

IS THERE ANYTHING YOU ARE
RUNNING AWAY FROM?

DAY: 90

DAY: 91

DATE:.....

ARE YOU SETTLING FOR LESS
THAN WHAT YOU ARE WORTH?
WHY?

DAY: 92

DAY: 93

DATE:.....

IF YOU ONLY HAD 1 YEAR TO
LIVE, HOW WOULD YOU SPEND
IT?

DAY: 94

DAY: 95

DATE:.....

WHAT IS SOMETHING YOU
WANT TO DO BUT HAVE NOT
DONE TO DATE?

DAY: 96

DAY: 97

DATE:.....

IF YOU HAD MILLIONS OF
DOLLARS, HOW WOULD YOU
SPEND IT?

DAY: 98

DAY: 99

DATE:.....

ARE YOU A GIVER OR A TAKER?

DAY: 100

DAY: 101

DATE:.....

WHERE/HOW WOULD YOU LIKE
TO SEE YOURSELF IN 10 YEARS
FROM NOW?

DAY: 102

DAY: 103

DATE:.....

ARE YOU OPEN-MINDED?
JUDGEMENTAL?

DAY: 104

DAY: 105

DATE:.....

WHAT WOULD YOU LIKE TO
CHANGE ABOUT YOURSELF?

DAY: 106

DAY: 107

DATE:.....

WHAT DO YOU LIKE ABOUT
YOURSELF?

DAY: 108

DAY: 109

DATE:.....

IF YOU HAD TO DESCRIBE
YOURSELF USING 10 WORDS,
WHAT WOULD THOSE BE?

DAY: 110

DAY: 111

DATE:.....

IF YOU COULD TALK TO YOUR
TEENAGE SELF, WHAT WOULD
YOU SAY?

DAY: 112

DAY: 113

DATE:.....

**WHAT SURPRISED YOU THE
MOST ABOUT YOUR LIFE OR
LIFE IN GENERAL?**

DAY: 114

DAY: 115

DATE:.....

WHAT CAN YOU LEARN FROM
YOUR BIGGEST MISTAKE TO
DATE?

DAY: 116

DAY: 117

DATE:.....

WHAT'S A TOPIC YOU NEED TO
LEARN MORE ABOUT TO HELP
YOU LIVE A MORE FULFILLING
LIFE?

DAY: 118

DAY: 119

DATE:.....

WRITE 10 THINGS YOU WOULD
LIKE TO SAY NO TO:

DAY: 120

DAY: 121

DATE:.....

WRITE 10 THINGS YOU WOULD
LIKE TO SAY YES TO:

DAY: 122

DAY: 123

DATE:.....

WHEN DO YOU FEEL HAPPIEST
THE MOST?

DAY: 124

DAY: 125

DATE:.....

WHEN DO YOU FEEL ENERGIZED
THE MOST?

DAY: 126

DAY: 127

DATE:.....

WRITE ONE THING YOU WISH
OTHERS KNEW ABOUT YOU:

DAY: 128

DAY: 129

DATE:.....

WHAT WOULD BE CONSIDERED
ENOUGH FOR YOU?

DAY: 130

DAY: 131

DATE:.....

WHAT COULD YOU NOT IMAGINE
LIVING WITHOUT?

DAY: 132

DAY: 133

DATE:.....

WHAT IS YOUR FAVORITE WAY
OF SPENDING THE DAY?

DAY: 134

DAY: 135

DATE:.....

WRITE 10 THINGS THAT MAKE
YOU SMILE:

DAY: 136

DAY: 137

DATE:.....

WRITE 10 WORDS YOU WOULD
LIKE TO LIVE BY:

DAY: 138

DAY: 139

DATE:.....

IF TODAY WAS YOUR LAST DAY
EVER, WHO WOULD YOU WANT
TO SPEND IT WITH?

DAY: 140

DAY: 141

DATE:.....

WHAT ARE YOU TRULY
GRATEFUL FOR? DO YOU
EXPRESS YOUR
THANKFULNESS?

DAY: 142

DAY: 143

DATE:.....

DO YOU ENJOY LIFE? HOW CAN
YOU EXPERIENCE MORE
ENJOYMENT?

DAY: 144

DAY: 145

DATE:.....

DO YOU SEE YOURSELF AS
SUCCESSFUL?

DAY: 146

DAY: 147

DATE:.....

WHAT ARE YOU PROUD OF
HAVING ACHIEVED?

DAY: 148

DAY: 149

DATE:.....

WHAT IS SOMETHING YOU ARE
ASHAMED OF? HOW CAN YOU
DEAL WITH THIS?

DAY: 150

DAY: 151

DATE:.....

WHAT DO YOU NEED RIGHT
NOW MORE THAN ANYTHING
ELSE?

DAY: 152

DAY: 153

DATE:.....

WHAT ARE YOU RESISTING, OR
ATTACHING TO?

DAY: 154

DAY: 155

DATE:.....

WHAT ARE YOUR GIFTS? HOW
CAN YOU SHARE THEM WITH
THE WORLD?

DAY: 156

DAY: 157

DATE:.....

WHAT IS THE THING YOU ARE
SECOND MOST PROUD OF?

DAY: 158

DAY: 159

DATE:.....

WHAT KIND OF LEGACY DO YOU
WANT TO LEAVE BEHIND?

DAY: 160

DAY: 161

DATE:.....

HOW DO YOU FEEL ABOUT YOUR
PARENTS?

DAY: 162

DAY: 163

DATE:.....

HOW IS YOUR RELATIONSHIP
WITH MONEY?

DAY: 164

DAY: 165

DATE:.....

WHAT ARE YOUR BIGGEST
FEARS ABOUT SUCCESS?

DAY: 166

DAY: 167

DATE:.....

WHAT MOTIVATES YOU THE
MOST?

DAY: 168

DAY: 169

DATE:.....

WHO IS YOUR GREATEST ROLE
MODEL?

DAY: 170

DAY: 171

DATE:.....

WHAT IS SOMETHING THAT IS
TRUE FOR YOU NO MATTER
WHAT?

DAY: 172

DAY: 173

DATE:.....

WHAT IS YOUR MORAL
COMPASS IN MAKING TOUGH
DECISIONS?

DAY: 174

DAY: 175

DATE:.....

WHAT IS YOUR HIGHEST CORE
VALUE?

DAY: 176

DAY: 177

DATE:.....

WHAT DO YOU BELIEVE IS
POSSIBLE FOR YOU?

DAY: 178

DAY: 179

DATE:.....

IF YOU COULD HAVE ONE
SINGLE WISH GRANTED, WHAT
WOULD IT BE?

DAY: 180

DAY: 181

DATE:.....

IF YOU COULD START OVER,
WHO WOULD YOU BE?

DAY: 182

DAY: 183

DATE:.....

WHAT IS THE ONE REGRET YOU
DO NOT WANT TO HAVE IN YOUR
LIFETIME?

DAY: 184

DAY: 185

DATE:.....

WHAT DO YOU LIKE THE MOST
AND LEAST ABOUT YOUR DAILY
LIFE?

DAY: 186

DAY: 187

DATE:.....

IS YOUR LIFE MOVING
TOWARDS A POSITIVE OR
NEGATIVE DIRECTION? WHY?

DAY: 188

DAY: 189

DATE:.....

WHAT ARE THE 3 MOST
IMPORTANT THINGS YOU HAVE
LEARNED ABOUT YOURSELF?

DAY: 190

DAY: 191

DATE:.....

WHAT VISION DO YOU HAVE FOR
YOUR LIFE MOVING FORWARD?

DAY: 192

DAY: 193

DATE:.....

WHAT DO YOU LOVE ABOUT
TODAY?

DAY: 194

DAY: 195

DATE:.....

WHAT ARE YOU MOST
GRATEFUL FOR TODAY?

DAY: 196

DAY: 197

DATE:.....

AGAIN...WHO ARE YOU?

DAY: 198

DAY: 199

DATE:.....

WHAT ARE GOING TO DO
DIFFRENTLY AFTER
COMPLETING THIS CHALLENGE?

DAY: 200

DAY: 201

CONGRATULATIONS

You made it to the very end! Give yourself a hearty pat on the back, you certainly deserve it!

I know this was only a journal but don't let that diminish its value in any way. YOU devoted more than three months of your life to this and hopefully now you have reached the end, you have a better understanding of your priorities, values and dreams moving forward!

Being self-aware is probably the single most important skill anyone can learn, because only then you can clearly and objectively evaluate your strengths and weaknesses. Once you do so you can make the most of them in any situation regardless of the circumstances at play.

That being said, I wish you the very best moving forward and would love to hear if and how this journal helped you in any

way!

To Your Success,
Amy Blake

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