

Interconnected Goals & Gratitude

Free Guided Journal Prompt

In this exercise, you will write two lists, then explore the connections between them.

There is no right or wrong way to do this exercise. Use the space provided in page 2 of this printout, or use your own paper. Write full journal entries, or simple bullet-point lists. You can review your answers for this exercise whenever you need some inspiration, and you can do this exercise again at any time, to reevaluate how your goals have evolved.

Goals

Write a list of your goals. Big, medium, and small. This list could include:

- “Impossible” dreams, such as complex goals that require a lot of time, planning, and maybe even a miracle in order to achieve.
- Goals that seem within reach, but still take a lot of energy / effort.
- Skills or knowledge that you’ve been interested in learning.
- Things you’ve felt inspired to create.
- Existing habits that you just want to improve on or stay consistent with.
- Things that you already know bring you joy, that you want more of in your life.
- “Simple” tasks that you were already planning on doing this week.

Gratitude

Write a list of things you are grateful for. This list could include:

- People in your life, or people who embody certain qualities.
- Animals / pets / creatures.
- Things that you enjoy doing.
- Things that you have / things that you take care of.
- Things that you might suffer without, and maybe sometimes take for granted.
- Experiences you’ve had.

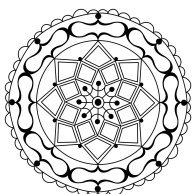
Interconnected

Think of ways that items in your lists connect with each other.

- This could be two things that connect, three things, or more. These items could all be from one list, or it could be items that come from both lists.

Highlight, underline, circle, draw lines connecting items on your lists together.

- Or create new lists, organizing your goals and gratitude into new categories.
- Or don’t. Whatever helps you feel inspired as you reflect on all the ways that the items on your lists are all connected with each other.



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