



FOSTER THINKING

Introspection may be the most powerful and most under-utilized gift that is unique to human beings. Provocation of thought challenges the mind, stirs the soul and quickens the heart – all inspiring new thinking, new action and expansion of who you are. Of course, all of this is eventually experienced in your brand as a leader!

Most of the time, we are taught to set goals and then work to achieve them. This minimizes the power of introspection. Below is a different approach - 8 areas of "reverse" journaling where you reflect back on the previous month while still creating momentum for the future.

If you have input on this methodology or have questions, just reach out! Otherwise, I hope 2016 is a year of expansion and growth on all levels.

- Justin

Reverse Journaling/ Monthly Musings

Progress made on 5 actions from previous month:

How I've grown/improved:

New people I've met:

Content generated:

Things/people I've let go of:

Progress on 2016 goals:

5 Pillar Calibration (1 – 5 on each)

- Physical / Tangible
- Mental / Intellect
- Emotional / Heart
- Spiritual / Belief
- Passion / Drive

5 actions to take next month: