



THE 7-FIGURE LEADER

CRUSH
IMPOSTER
SYNDROME

journal





****Crush Imposter Syndrome Journal Instructions****

****Step 1: Set Up Your Journals****

Print this Journal.

Choose your weapon (writing utensil) of choice.

****Step 2: Choose a Regular Time****

Set aside time in the morning to set your intentions and give your gratitude for the day.

Set aside time in the evening to reflect on your day and your thoughts.

****Step 3: Gratitude Journal Entry:****

1. Write down the date at the top of the page.
2. List at least three things you're grateful for. These can be small or big, personal or universal.
3. For each item, briefly explain why you're grateful for it. This helps deepen your appreciation.

****Step 4: Thought Journal Entry:****

1. Think about any event that triggered an emotional response that day or week.
2. Answer the prompts as honestly as possible. Only you see this journal.
3. Reflect on these thoughts. If your thoughts are negative, try to reframe them in a more positive or constructive light.

****Step 5: Keep Consistent****

Write in your journal every day, even if it's just for a few minutes. Consistency will help you develop a habit and reap the benefits.

****Step 6: Weekly Reflection (Optional)****

At the end of each week, take a few minutes to look back on your entries. Note any patterns in your thoughts or gratitude themes.

****Step 7: Adjust as Needed****

Feel free to modify the process to suit your needs. You can add prompts, doodles, or even incorporate gratitude exercises from time to time.

****Step 8: Embrace Imperfection****

Don't worry about writing perfectly or making every entry profound. The purpose is self-reflection and growth, not perfection.

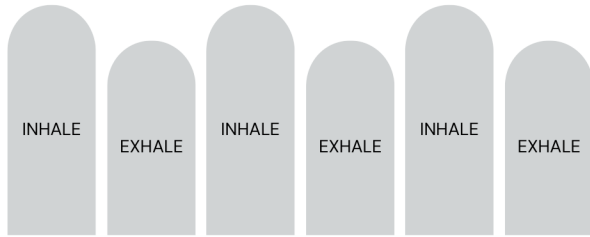
Remember, the goal of this practice is to cultivate gratitude and self-awareness. Over time, you'll likely find that it enhances your overall well-being and helps you manage your thoughts more effectively.

5 Minute Gratitude Journal

___/___/___

S M T W T H F S

Breath before writing

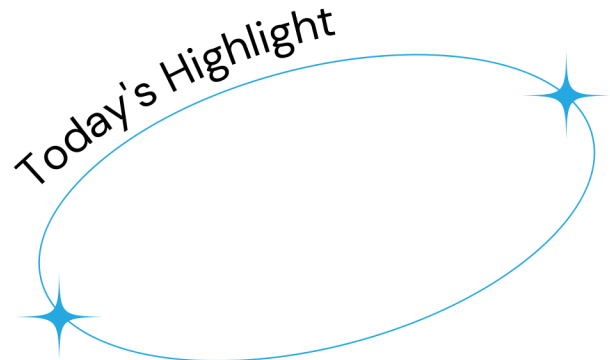


3 best thing about today

Three rounded rectangular boxes for writing the three best things about today.

Things you're grateful today

Five horizontal lines for writing, each starting with a blue asterisk icon.



Describe today in a drawing

A large empty rectangular box for drawing, with a small black pen icon in the bottom right corner.

Things that you learned

Four horizontal lines for writing things learned.

Today's Affirmation

Two horizontal lines for writing the affirmation.

THOUGHT JOURNAL

RICO NASOL LEADERSHIP COACHING

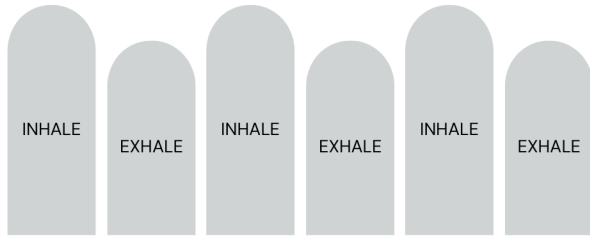
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FEELINGS/ EMOTIONS RATE 1-10	WHAT EMOTION DID I FEEL? WHERE DID I FEEL IT? HOW INTENSE?	
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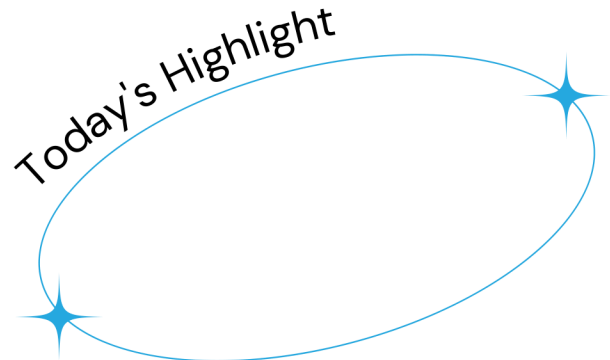


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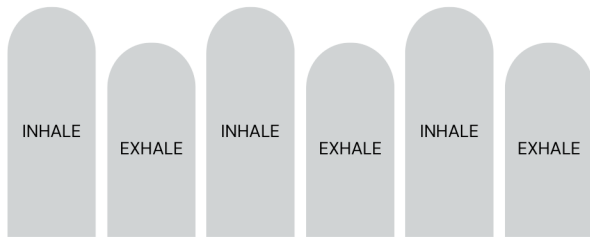
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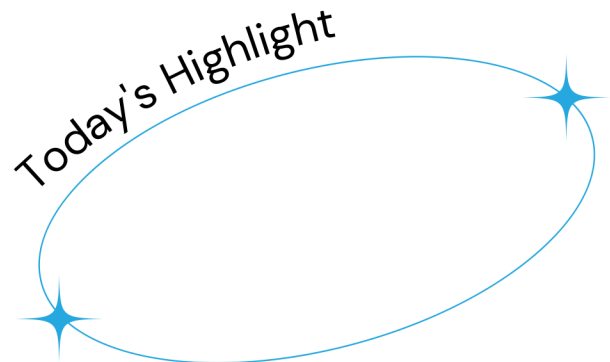


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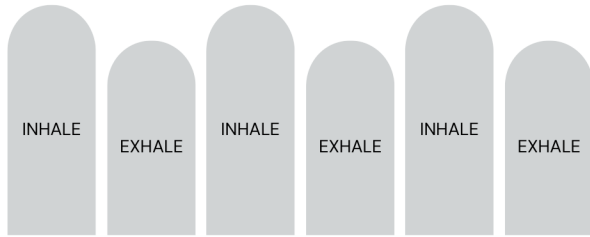
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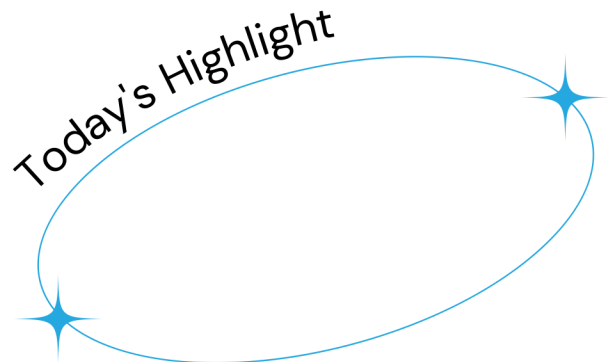


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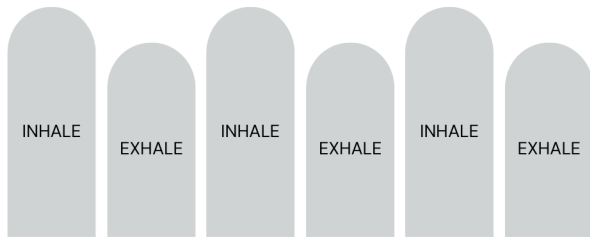
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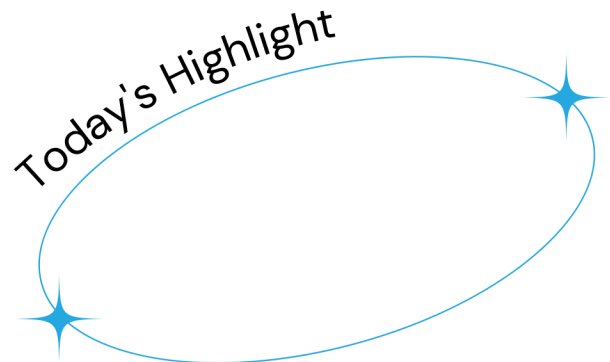


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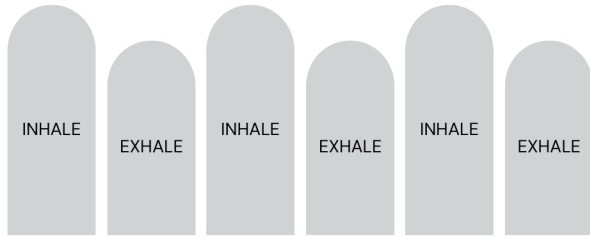
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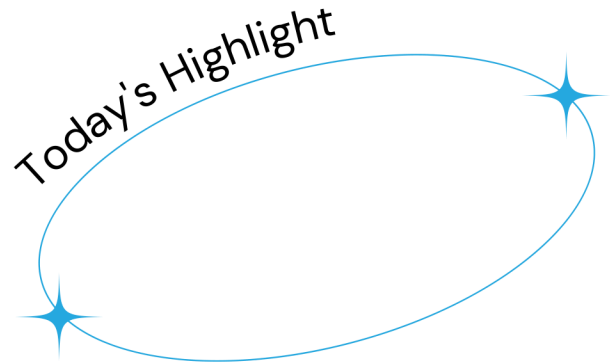


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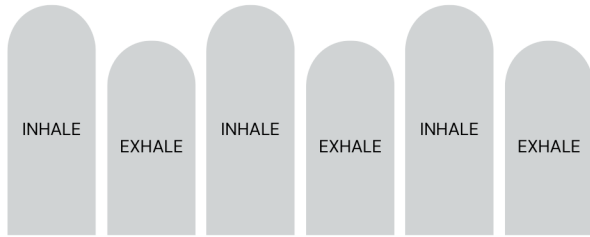
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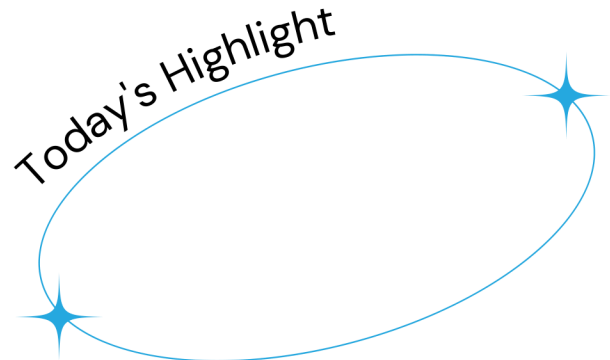


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