

WELCOME TO AN ONPURPOSE JOURNEY OF REFLECTION

Studies have long shown that journaling is a powerful tool with many benefits that can increase our overall well-being. Specifically, psychologists have noted that a practice of journaling can help us reduce stress, clarify thoughts and feelings, increase our self-awareness (SO CLUTCH!), better resolve disagreements with others and more effectively problem solve. If you're like me, I read these benefits and I'm like, "Okay so where do I begin?! I need ALL of this, stat."

Duly noted.

Well let's get into some purposeful reflection, shall we?

As a certified coach I'm excited to offer you powerful coaching questions that can serve as OnPurpose prompts over a seven to ten day period. As we reflect together we'll explore three main areas:

LOVE

Better develop the relationship you have with self, with others, and with your community

WORK

Build skills that grow your confidence and capacity for impact

FIT

Deepen your capacity care for your mind, body, and soul in order to more effectively serve your purpose

But before you dig into my suggested reflection questions, be sure to as I like to say, "Get your mind right!," by starting with my suggested "Personal Agreements." Whether you use the agreements I offer or make up some of your own (go for it!), establishing a set of agreements will help you invite a mindset that encourages the gentle growth and long-term development you deserve.

Over the course of 14 days I'm excited to "virtually" coach you through some meaningful reflection and intention setting. They say hindsight is 2020, so let's learn from our past and use it as fuel for the journey ahead. Your reflection now will help establish your OnPurpose intention setting for your year or months to come.

I can't WAIT to hear how it goes. Let's go get it y'all!

xx Jovian

CONSIDER ESTABLISHING PERSONAL AGREEMENTS.

Personal agreements help you set a container for learning and growth. Say these agreements (or make up your own!) before you get into any reflection or journaling exercise. OR just use them to start any day! They expand your capacity to learn and help you ease into potentially challenging topics with care and grace. Two things we all deserve and need to keep growing. They're as necessary as our oxygen and water!

– xxJovian

SAMPLE PERSONAL AGREEMENTS:

**I WILL ACCEPT AND EXTEND GRACE TO
MYSELF AND OTHERS AROUND ME.**

I AM WORTHY OF SELF-CARE AND TIME.

**I CHOOSE LEARNING OVER A MYTH OF
PERFECTION.**

**I WELCOME NEW AWARENESS THAT COMES
FROM MY BRAVE DECISION TO BE HONEST.
I WILL LOOK FOR THE JOY THROUGH THIS
PROCESS.**