

How It Works

This is an inventory grid that you can use to jot down words and sayings that resonate with you during the year. The same way that you took time to read my weekly inner ramblings, take time to observe your own. It can be a journaling process without having to sit and write for hours, yet still be meaningful.

Reflecting simply allows the brain to make sense of things and become more strategic than reactive by identifying what contributed to successes or failures and setting a new course of action. Remember, what you do in your world always begins with your inner dialogue. Make sure it is working for you and not against you. The way I like to put it is that change begins with awareness and you can't be aware if you don't pay attention.

If you are wanting to make a change, I recommend taking just 30 minutes to yourself each week. No phone, no distractions just you and the past seven days. You can certainly do it every day but sometimes that can add up to too much stuff that you don't revisit anyway. While you can use the topics from my book, try to discover your own words and sayings that you have been telling yourself to help press on and those that may have stopped you from moving forward.

Once you get them out then you can start to reconfigure, dispose of, and replace, them to manage your inner dialogue. For example, for the new year I'm adopting "*you can't outrun a bad diet*" as my go-to phrase. Then whenever I go to grab something to eat that I don't need to be stuffing myself with I remind myself that "*I don't need it*". I've also done some physical and practical things like set up my snack basket with more nutritionally favorable snacks than what I usually have on hand.

Here are some things to ask yourself:

1. What did you do that you didn't want to do last week? What can you tell yourself this week to stop and intervene?
2. What did you accomplish last week and what did you tell yourself in order to get going to complete it?
3. Was there a dream that played out like a movie, what would you title it?
4. Was there something you couldn't make sense of, how did that play in your mind?
5. Was there meme, image, quote, or song lyric that kept popping up or that stuck out?
6. Was there something someone said or that inspired you? How can you use that in the coming week to encourage yourself?
7. Remember don't dismiss the little things, especially if they repeat. If you get stuck, then look back at yesterday. What did you wake up and tell yourself? Then consider how your day went.

YEAR: _____

Week 1:	Week 27:
Week 2:	Week 28:
Week 3:	Week 29:
Week 4:	Week 30:
Week 5:	Week 31:
Week 6:	Week 32:
Week 7:	Week 33:
Week 8:	Week 34:
Week 9:	Week 35:
Week 10:	Week 36:
Week 11:	Week 37:
Week 12:	Week 38:
Week 13:	Week 39:
Week 14:	Week 40:
Week 15:	Week 41:
Week 16:	Week 42:
Week 17:	Week 43:
Week 18:	Week 44:
Week 19:	Week 45:
Week 20:	Week 46:
Week 21:	Week 47:
Week 22:	Week 48:
Week 23:	Week 49:
Week 24:	Week 50:
Week 25:	Week 51:
Week 26:	Week 52: