

Dickie's Digest 10 Best Journal Prompts

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The 10-Bullet Brain Dump

Brain dump 10 bullets on whatever is top of mind.

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The Evening Shutdown

1. *Rate the day on a scale of 1-10*
2. *What are 3 wins or moments of progression today?*
3. *What are 3 potential wins or moments of progression for tomorrow?*
4. *What is 1 lesson or realization you want to distill from today?*
5. *What is one area you could improve tomorrow?*
6. *Upload a photo of the day*

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The Bottleneck Analysis

1. *What's the most important thing holding me back from achieving X?*
2. *Why aren't I working on that?*

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The 80/20 Life Audit

1. *What areas am I feeling satisfied with?*
2. *What areas am I feeling dissatisfied with?*

3. *What are the 20% of activities that are leading to the areas I'm dissatisfied—and how can I remove those?*
 4. *What are the 20% of activities that are leading to the areas I'm dissatisfied with—and how can I double down on those?*
 5. *What steps am I going to take **today** based on this analysis?*
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The Gratitude Reframe

1. *What do I have today that I would have begged to have had years ago?*
 2. *What do I have today that my 85-year-old self would beg to have back?*
 3. *What do I have today that my current self if he was sick or injured would beg to have had?*
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The Billion-Dollar Reflection

What could you not pay me 1 billion to stop doing forever?

The Compounding Projection

1. *If I repeated my actions from today/this week/this quarter for the next X period of time, where would I end up?*
 2. *Is that where I want to be?*
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The Excitement Exploration

Brain dump 10 things coming up you're excited about

The Future-Me Mentorship

Have a mentorship discussion with your 85-year old self with whatever is top of mind.

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The Periodic Review

1. *What were my biggest highlights?*
2. *What were my biggest lowlights?*
3. *What areas did I move forward the most?*
4. *What areas could have gone better?*
5. *What are my biggest lessons and realizations?*
6. *What am I most excited about in the period ahead?*