

**Below are 20 questions for your first 20 weeks of Journaling practice. You might create recurrent weekly calendar entry on a day and at a time that is most convenient, when you might take 10-15 minutes to reflect. Ideally this could be at the end of the week.**

**Add one question for each week in your calendar entry. Feel free to use that question as a prompt for your weekly journal reflection or you might choose to ignore it and just write freely.**

**Week 1:** What are your main life challenges right now? What are some dilemmas/provocations you'd like to reflect on as you start this journaling practice? How are you hoping your journaling will support you?

**Week 2:** What things or people in your immediate reality seem to be teaching you the most valuable lessons lately and how is that learning happening?

**Week 3:** How have you found yourself emotionally triggered (pushed/stressed/caused to react in ways you didn't like) this week and what have you learnt from it?

**Week 4:** What kinds of emotions have been most prevalent for you lately and how are you managing them?

**Week 5:** When were you at your wisest this week and when did you catch yourself at your worst - what made the difference in your attitude?

**Week 6:** What was a moment that surprised you today or gave you pause in some way and why?

**Week 7:** Who in your life (through their behaviour/interactions with you) is challenging you to grow and how are you responding to that challenge?

**Week 8:** What are you most grateful for in your life right now?

**Week 9:** What have been your biggest insights and learnings about yourself after the first 8 weeks of journaling?

**Week 10:** What old beliefs have you faced, challenged or changed as of late?

**Week 11:** When have you been in flow lately – feeling highly productive and losing track of time – and what helps you get into this state?

The logo for Vertical Development Institute features a stylized graphic of seven horizontal bars of varying lengths stacked vertically on the left. To the right of this graphic, the words "VERTICAL DEVELOPMENT" are written in a smaller, uppercase, sans-serif font. Below this, the word "INSTITUTE" is written in a larger, bold, uppercase, sans-serif font.

VERTICAL DEVELOPMENT  
INSTITUTE

**Week 12:** Have you found yourself intentionally stepping out of the comfort zone lately and, if yes, how did you do that? What did you discover?

**Week 13:** Who around you is inspiring you most lately and why?

**Week 14:** What have been your biggest challenges lately and how are they helping you grow?

**Week 15:** What is the most important thing to you at this time in your growth as a human being and what are you doing as of late to foster that growth within yourself?

**Week 16:** What were the most valuable interactions that you've had lately and how did they impact you?

**Week 17:** What significant moments of personal reflection did you have lately and what did you reflect on?

**Week 18:** What personal qualities are you bringing into different contexts of your life (work/family/friendships/community) right now to cope and thrive in the current environment?

**Week 19:** What kind of an impact do you feel you are having on those around you at this time and how are you creating that impact?

**Week 20:** You are now 20 weeks into your journaling. What has been most uncomfortable for you in this process? What has been your biggest learning? Do you believe it's worth continuing this practice and if yes, why? What would help you make this a life practice?