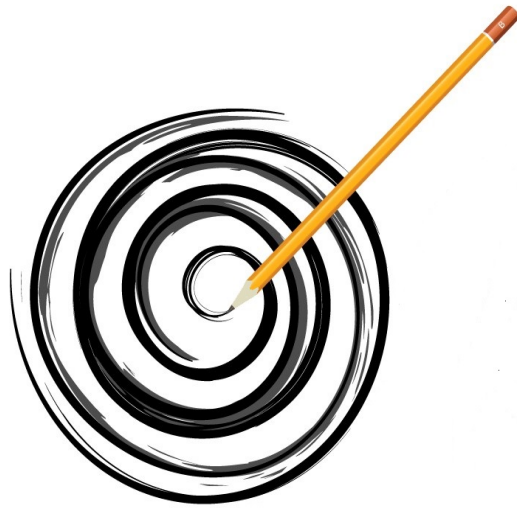


JOURNAL JUMP-STARTS



120 QUESTIONS / 12 MONTHS / 1 PRACTICE

An Annual Adventure in
the Art of Personal Inquiry

The Regenerative Writing Institute



JANUARY

A New Year Vision Board

What do you feel most often?

What do you see yourself doing?

What does your body look like?

What does your mind-set look like?

What does your environment look like?

What does spirituality look like?

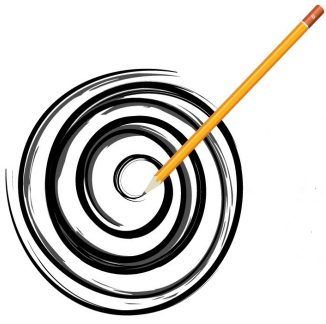
What does your household look like?

What do relationships look like?

What does your work look like?

What does your wallet look like?

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FEBRUARY

A Physical Inventory

What do you feel in your bones?

What's in your heart?

What's on your nerves?

Where are your strengths?

What are you eating?

How are you sleeping?

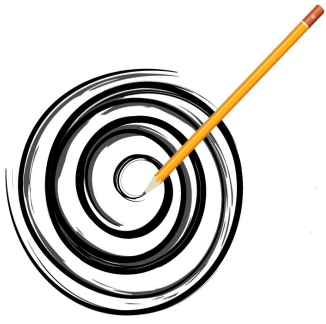
What moves you?

What does your gut have to say?

What's due for maintenance?

What's due for repair?

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MARCH

A Mental Inventory

Who do you think you are?

What are you looking for?

What do you dwell on?

What stories do you tell?

What is your inner tone of voice?

What do you expect?

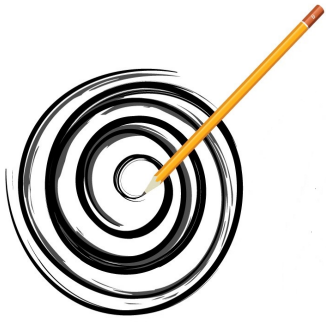
What do you believe?

What can you see?

What are you afraid of?

How are you doing?

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APRIL

A Spiritual Inventory

What are your sacred languages?

What are your favorite practices?

Where do you experience magic?

Where do you find inspiration?

What feeds your spiritual life?

What starves your spiritual life?

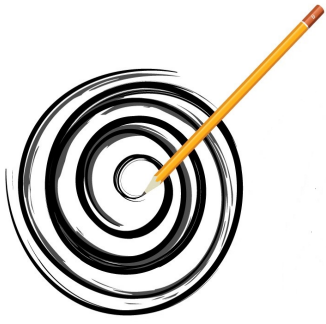
What messages are you receiving?

What messages are you sharing?

Where do you plug in?

How do you let go?

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MAY

An Emotional Inventory

How do you feel about yourself?

How do you feel about your world?

Do you notice any patterns or themes?

What are your needs?

What are your triggers?

Where are you most supported?

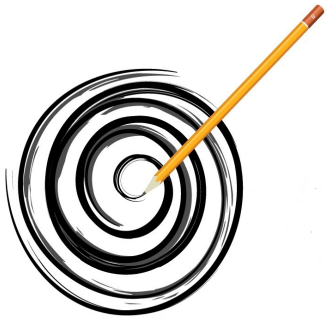
What are your emotional investments?

How do these investments pay off?

How do you feel when the sun comes up?

How do you feel when the sun goes down?

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JUNE

An Environmental Inventory

How do you enjoy your space?

Do you feel safe?

What pulls you out of your zone?

What tunes you into your zone?

What is your impact?

Where is your natural habitat?

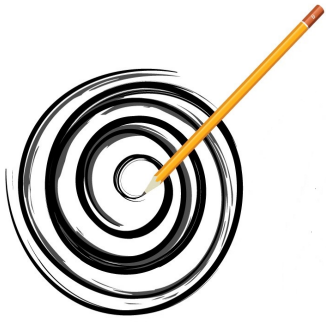
What is significant about your landscape?

What figurative seeds have you planted?

What seems to be growing?

What is dying off?

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JULY

An Ancestral Inventory

Where are the roots of your family tree?

What are your ancestors' names?

What were your ancestors' successes?

What were your ancestors' struggles?

What traumas lie unresolved?

What wisdom is ready for harvest?

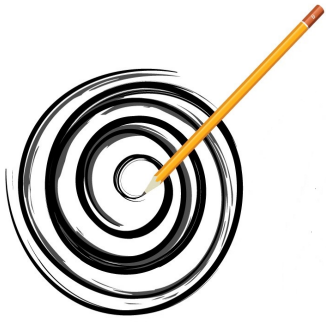
Who do you call upon for help?

What support do they offer?

What do you perceive of your past?

What do you project for your future?

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AUGUST

An Abundance Inventory

What do you make of yourself?

What do you have to give?

What are your basic needs?

How are they being met?

What are your deepest desires?

How might they be fulfilled?

What seems to come easily?

What seems hard to reach?

How can you expand?

Where can you go deeper?

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SEPTEMBER

A Gratitude Inventory

What are you happy about?

What are you proud of?

What are you thankful for?

What are you growing towards?

What's making you stronger?

What have you achieved lately?

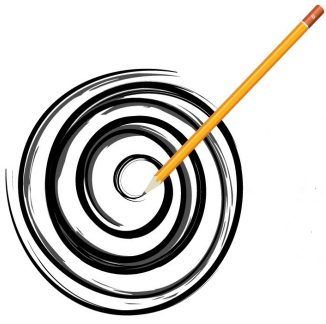
What have you learned lately?

Who has helped you along the way?

Who has inspired your movements?

Who has protected your interests?

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OCTOBER

An Organizational Inventory

How do you structure your time?

What are you working toward?

How do you measure success?

When do you have the most energy?

When do you rest?

How do you play?

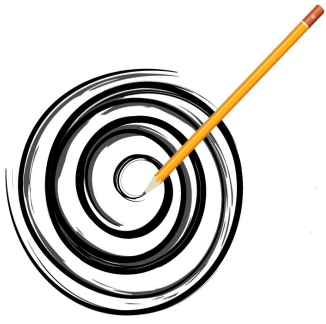
Where is there room for growth?

How do you trouble-shoot?

Who is on your team?

How are you managing?

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NOVEMBER

A Mechanical Inventory

What drives you?

What's going smoothly?

Where are the bumps?

What gums your gears?

How do you get unstuck?

When was your last cleanse?

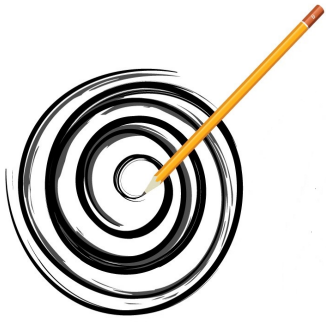
What drains or exhausts you?

What fills or empowers you?

Are you moving forward?

Are you running behind?

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DECEMBER

A Year in Review

What were your biggest surprises?

What were your loudest lessons?

What were your quietest lessons?

What pushed you ahead?

What held you back?

What did you flush out?

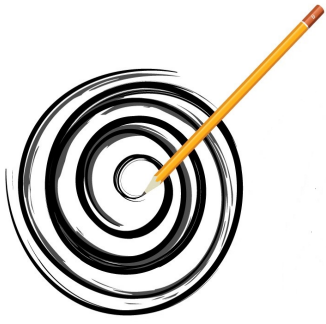
What did you pull in?

Who did you discover?

Who did you delete?

Do you feel complete?

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THAT'S A WRAP...

You did it!
Now pass it on.

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