

## **Activity: Journaling Exercise**

*Reflect on personal strengths, weaknesses, and emotional triggers.*

Here are journaling prompts for each day of the week:

### **Monday: Strengths:**

- What are three qualities or characteristics about myself that I consider strengths?
- How have these strengths contributed to my achievements and successes in the past?
- In what ways can I leverage these strengths to overcome challenges and pursue my goals?

### **Tuesday: Areas to develop**

- What are three areas or traits that I perceive as weaknesses or areas for improvement?
- How have these weaknesses impacted my personal or professional life in the past?
- What steps can I take to address or mitigate these weaknesses and turn them into opportunities for growth?

### **Wednesday: Emotional Triggers**

- Reflect on a recent situation or interaction where I felt a strong emotional reaction. What triggered this emotion?
- How did I respond to the situation, and what thoughts or beliefs influenced my reaction?
- What patterns or themes do I notice in my emotional triggers, and how do they impact my relationships and well-being?

### **Thursday: Resilience and Coping:**

- Describe a challenging or stressful situation that I faced recently. How did I cope with this situation?
- What strengths or resources did I draw upon to navigate the challenge and overcome adversity?
- What lessons did I learn from this experience, and how can I apply them to future challenges?

### **Friday: Values Alignment:**

- Reflect on my core values and beliefs. How do these values influence my behavior, decisions, and relationships?
- Are there any areas of my life where my actions or behaviors are not aligned with my values? If so, why?
- What steps can I take to better align my actions with my values and live with greater authenticity and integrity?

### **Saturday: Self-Care and Well-Being:**

- Describe three activities or practices that help me feel grounded, balanced, and rejuvenated.
- How do I prioritize self-care and well-being in my daily life? Are there areas where I could improve?
- What barriers or obstacles prevent me from practicing self-care, and how can I overcome them?

### **Sunday: Growth and Development:**

- Reflect on my personal and professional goals. What steps have I taken recently to work towards these goals?
- In what areas do I want to grow and develop in the coming months or years?
- How can I leverage my strengths, address my weaknesses, and manage my emotional triggers to achieve these goals?