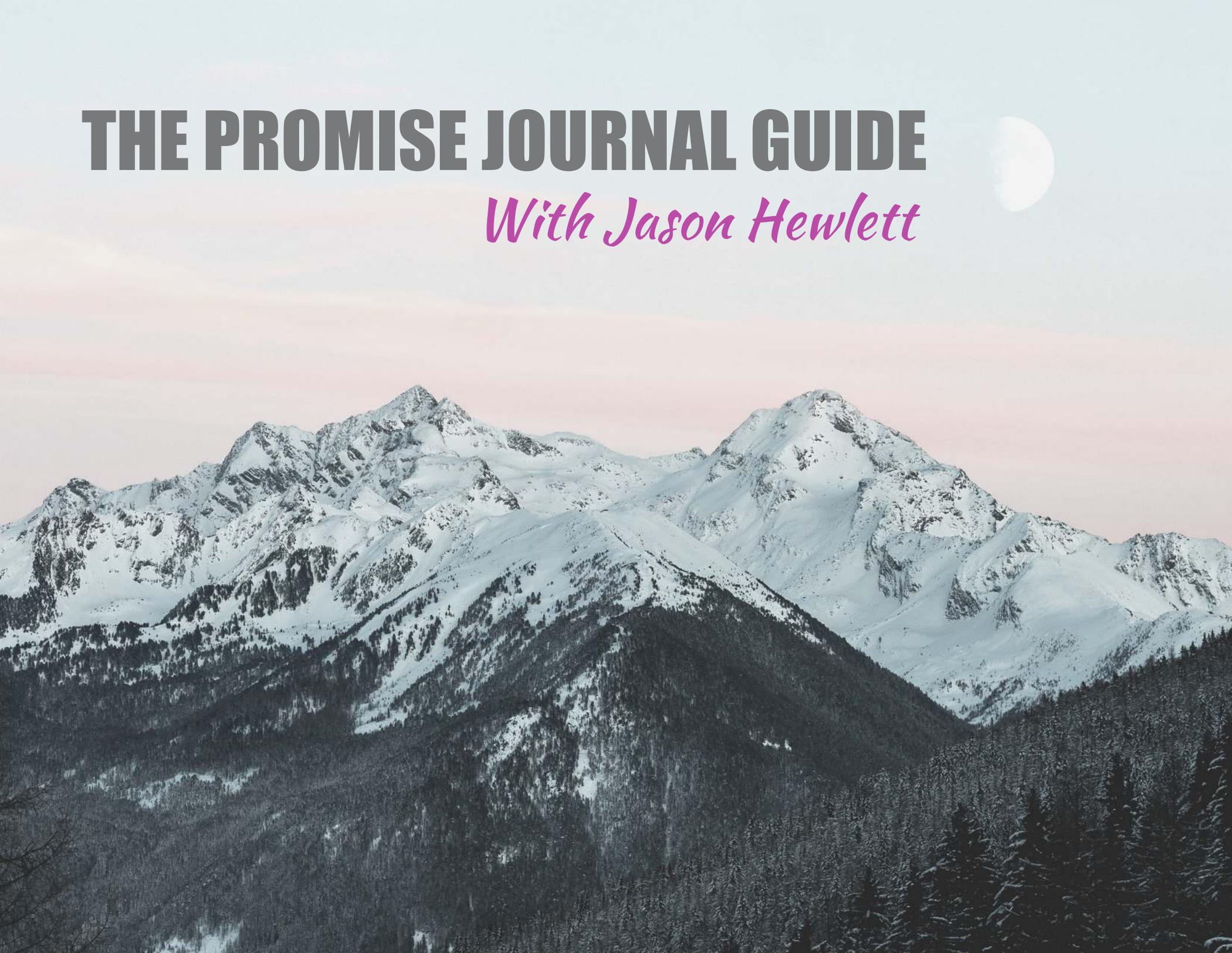


THE PROMISE JOURNAL GUIDE

With Jason Hewlett



JOURNAL PROMISE PROMPTS:

HISTORICAL - Record your Day

You are keeping a timeline of what you did, how you felt, important moments

Ex: "Yesterday was so busy, it started at 6 AM when I heard a noise outside..."

INSPIRATIONAL - What Inspired You of Recent / in General?

You are showing life through your unique lens in writing

Ex: "I was listening to a podcast this morning and was inspired by this idea..."

ANALYTICAL - Deep Dive of Life Hacks & Career Improvements

You are analyzing your actions, how to improve, at work and home

Ex: "I noticed my life is so much better when I start my day doing this..."

THERAPEUTICAL - Get it ALL Out!

You are your own Therapist and without Judgment / No Edits!

Ex: "My client decided to change things up last minute and I almost..."

THANKFUL - Express Gratitude for the Little and Big Moments / Observations

You are breaking from critical/negative thinking and savoring life's benefits

Ex: "Today was full of challenges, but then I sat in my favorite chair, opened an old book, bit into a delicious raspberry and gratitude for everything filled me..."

ASPIRATIONAL - Your Promises & Plans to Shape Your Ideal Life

You are writing in the PRESENT, as if all is already obtained, that which you want to be

Ex: "Money flows to me because of my commitment to success. Health comes easy, due to my devotion to daily walks and smart eating..."

TOPICAL - Current Events, in the News, in the Family, in the Community

You are capturing your thoughts on what is happening in the world around you

Ex: "It was surprising to read online today about a political movement that will..."

FOUNDATIONAL - Your Promise to Stand On Principles / Ideals

You are driving the stakes into your ground, which will define your choices

Ex: "Today I had a private victory when a friend hurt my feelings and I decided not to retaliate but to..."



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