

HEAL. EMBRACE. LIVE.



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# THE YOU JOURNAL

**WELCOME** to the journal that is all about you. Here is your safe space to reflect on your week, your mood, your situation, and your goals. A no-judgment zone for you to gather information, listen to yourself and gain clarity on how you feel.

Writing is a way of processing our emotions. Sometimes, it is a more manageable step to write our thoughts down than to say them out loud. The You Journal will provide steps and prompts to help you focus on key areas, as well as giving you the chance to spill out the thoughts that are not currently clear (do not worry - they will be!)

The You Journal creates time.

Time to reflect; time to rest; time to prioritise; time to process; time to understand; time for a moment just for you.

**If you could wave a magic wand and create everything you have ever wanted, what would you see?**

**What would you like your focus in life to be? (Even if it seems crazy / difficult / unachievable)**

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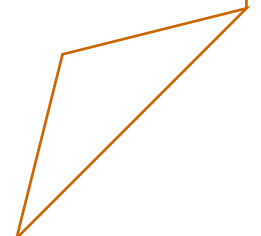


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## DESCRIBE YOUR PERFECT DAY

If you find this difficult, set a timer for 5 minutes and close your eyes. Take long, deep, and slow breathes and take yourself to a place you would love to be. Imagine waking up there and then go through your day. Include as much detail as you can!



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IMAGINE **YOUR** LIFE 10 YEARS FROM NOW.

Imagine everything you have achieved (even if it sounds mad!)

What are you most proud of?

*Example: Published a book, moved into a new home, started a new job, developed a new skill, setting boundaries, worked through a specific challenge etc.*

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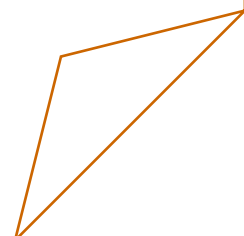


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HOW ARE YOU FEELING TODAY?

Take a moment to really think about what is on your mind. Do not fret about making it make sense. Let your mind tell you what to write - even if it seems random!



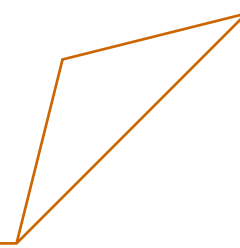
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WHO IS SOMEONE YOU ADMIRE? WHY?



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IS THERE SOMETHING PHYSICAL OR EMOTIONAL THAT  
YOU ARE HOLDING ONTO?

What purpose does this serve? What can you do to let it go?

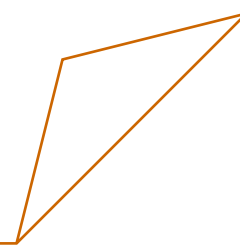
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WRITE ABOUT A TIME WHEN YOU FELT LESS THAN.  
What happened? Why did you believe this thought?



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WHAT PERSONAL TRAIT DO YOU LIKE THE MOST ABOUT YOURSELF?

Think about something about you that you are proud of. If you have never done this before, take your time! It is good to get used to thinking good thoughts about yourself. If you find it difficult, what would you say if you were your friend?



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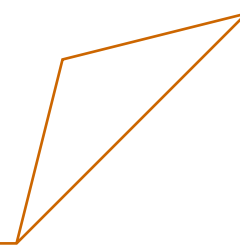


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WHAT DO YOU NEED TO WORK ON RIGHT NOW?

Be honest with yourself. Is there anything you would like to change or improve on at the moment?



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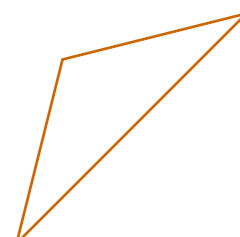


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WHAT DID YOU STRUGGLE WITH TODAY?

WHAT ARE YOU THANKFUL FOR TODAY?



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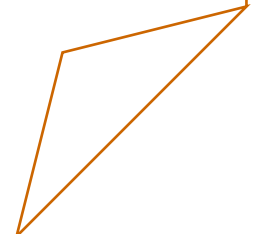


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WHAT ARE SOME LITTLE VICTORIES YOU CAN  
CELEBRATE OVER THE LAST WEEK?

We are often so focused on the end goal; we forget to celebrate every small step we complete. What have you done this week that you are proud of?



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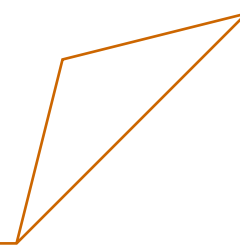


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WHAT IS YOUR PERFECT MORNING ROUTINE?

How would you like to start your day? Even it's not happening right now; what would you like to have the time to do each morning?



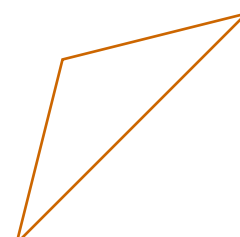
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WHAT IS YOUR MOST SUCCESSFUL SELF LIKE?



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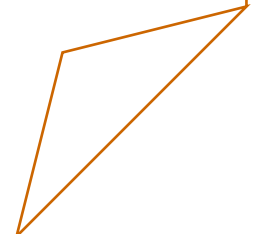


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WHAT CAN YOU DO IN THE NEXT 24 HOURS TO LIFT YOURSELF UP?

What would make you smile? What makes you feel good? Write about it. See how you feel afterwards.



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WHAT PART OF YOUR BODY ARE YOU MOST GRATEFUL FOR?

Have you ever berated your body for not reaching societal standards? Have you ever forgotten what your body does for you every day? Our hearts keep us alive; our skin protects us; our eyes give us views of sunsets and smiles; our lungs allow us to breathe; our ears let us hear our favourite song; our legs let us walk to beautiful places; our hands let us touch and feel new experiences. If you find this difficult, try to take the value away from appearances; what do you appreciate about your body?

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WRITE ABOUT A TIME YOU EXPERIENCED FEAR. HOW DID YOU OVERCOME IT?

What happened? What were you fearful of? What led you to overcoming those feelings? How did you feel after?



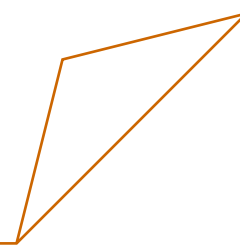
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WHAT IS ONE OF YOUR HAPPIEST MEMORIES?



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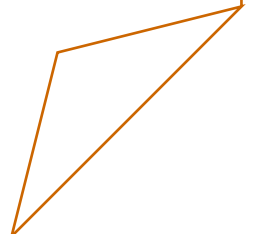


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WRITE ABOUT A TIME WHERE YOU LEARNED A VALUABLE LESSON.

You can write about anything. Any thought that pops into your head, allow yourself to listen to it. If it is valuable to you, that is what is important.



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WHAT ARE SOME WORDS OF ENCOURAGEMENT YOU  
WOULD LIKE TO HEAR FROM A FRIEND?

Be your own friend. You spend the most time with yourself, so the voice from within should be kind. Here are a few examples to get you started:

*It is ok to feel like this.*

*I believe in you.*

*You have so much to offer.*

*You are capable.*

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ASK YOUR INNER CHILD WHAT THEY NEED. WHAT IS THE ANSWER?

All of us have an inner child. We might hold on to feelings we had when we were little. We all have needs and we must listen to them and fulfil them. You deserve to be heard. If you are unsure, close your eyes and ask yourself what you truly need right now. Remember, whatever comes up is OK; there is no right answer.

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WRITE ABOUT A TIME YOU FELT SELF-DOUBT.

A large, empty rectangular area enclosed by a thin orange border, intended for writing. The bottom right corner of the border is folded over, creating a triangular shape that mimics a page corner.

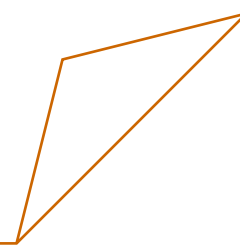
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WRITE ABOUT A TIME YOU BELIEVED IN YOURSELF.



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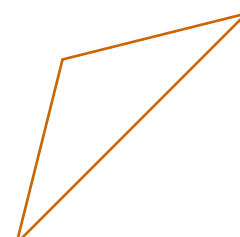


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WRITE A LETTER TO YOUR YOUNGER SELF.

Give advice, share your admiration, and tell them you are proud, tell them all the things you wish you had known when you were younger. What would have helped you?



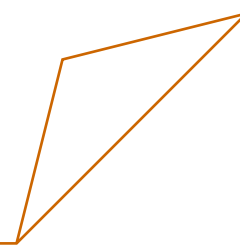
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IF YOU NEVER FEARED FAILURE, WHAT WOULD YOU DO?





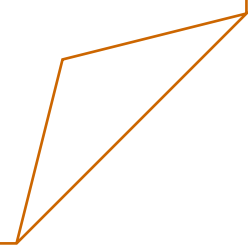
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WHAT ARE YOUR BEST QUALITIES?



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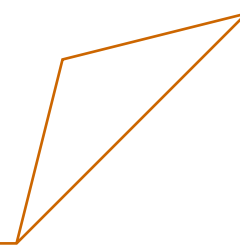


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LIST 5 EMOTIONS YOU ARE FEELING RIGHT NOW.

Explore them. Figure out why they are present. Accept them for what they are. Sit with all of them and remind all of them they are welcome to be with you (even the trickier ones).



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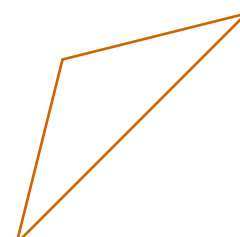


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IS THERE ANYTHING **YOU** ARE FINDING DIFFICULT AT THE  
MOMENT?

How can you reframe it? What can you learn from these feelings? How can you  
take some pressure off? Can you be thankful for these emotions?



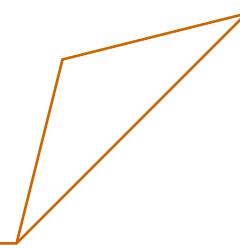
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WRITE ABOUT A TIME WHEN YOU HELPED SOMEONE.



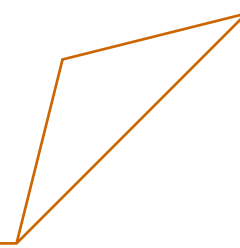
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WHAT DOES 'SUCCESS' MEAN TO YOU?



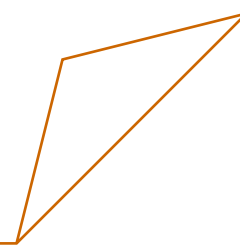
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WHAT DO YOU NEED TODAY?



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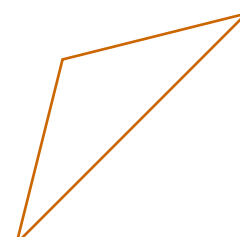


WHAT ARE YOUR GOALS, MANIFESTATIONS, AND INTENTIONS FOR THE NEXT MONTH?

Goals:

Manifestations:

Intentions:



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# THE YOU JOURNAL

Congratulations! You have reached the final day of The You Journal. No need to stop there! Now that you have practised journaling, if you feel it has helped you, you can continue your journey of listening to your needs, reflecting on your habits and building the life you deserve. All emotions are valid. You are allowed to feel every single one of them. Processing them each day through journaling will help you to continue to accept, flourish and grow through all of life's experiences!

WHAT ARE YOU GOING TO REMIND YOURSELF EVERY DAY?