

JOURNAL WORKBOOK



Welcome to **Fulfilment Focus**!

I'm really pleased you decided to delve deeper into how to feel more fulfilled. You'd be surprised how many people just carry on moaning about their lack of fulfilment and don't do anything about it... clearly you're not one of them!

I designed this workbook to be like a journal. A journal is like a close friend you can tell all your secrets to and know you can trust them to keep them private. A journal becomes a notebook full of thoughts written down, which really helps you to make sense of them and gain a better understanding of yourself.

Within these pages you will find questions to help you to think more deeply about the **8 Keys to Fulfilment** as introduced in **The Fulfilment Finder**, which will show you how you can use them to unlock your own fulfilment.

I'll guide you through this workbook with a series of audios - you'll find the link to the audio for each Key in the associated Fulfilment Focus emails which will be sent out to you. To get the most out of it, it's best to listen to the audios and fill in the worksheets as you go along, pausing where you need to (I'll tell you when).

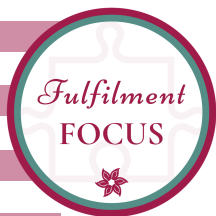
The timings in brackets in the margin relate to the audios that go with each Key Worksheet, and indicate the part in the audio which explains the prompts immediately following.

So are you ready? I'm looking forward to accompanying you on this journey!

Go gently...

Mel xo





WORKSHEET 1

KEY#1 : DO THINGS FOR YOURSELF

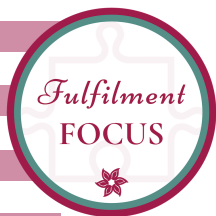
1. How often do you take time for yourself?

(1.21)

2. How do you feel about this level of frequency?

3. What do you think this says about how you value yourself?





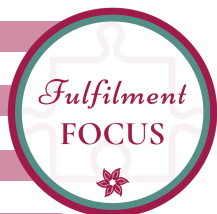
WORKSHEET 1

KEY#1 : DO THINGS FOR YOURSELF

4. How do you feel about taking time for yourself?
(3.17)

5. What do you notice about how you behave afterwards?





WORKSHEET 1

KEY#1 : DO THINGS FOR YOURSELF

6. Write a list of 10 positive things connected to you taking time for yourself.
e.g. I feel..., I am..., I can...

1.

2.

3.

4.

5.

6.

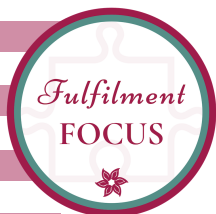
7.

8.

9.

10.





WORKSHEET 1

KEY#1 : DO THINGS FOR YOURSELF

7. Write a list of ten 10 - 30 minute activities that you could do for yourself.
(5.46) Stick it somewhere you will see it. Commit to choosing one activity each day for a week.

1.

2.

3.

4.

5.

6.

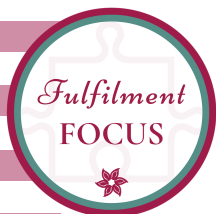
7.

8.

9.

10.





WORKSHEET 1

KEY#1 : DO THINGS FOR YOURSELF

8. At the end of each day, jot down how taking that time for yourself made you feel, and how you behaved afterwards.

Day 1:

Day 2:

Day 3:

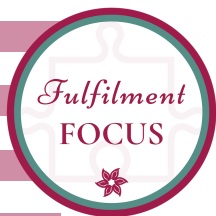
Day 4:

Day 5:

Day 6:

Day 7:





WORKSHEET 2

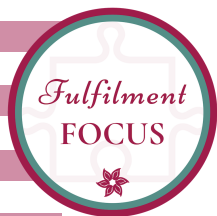
KEY#2 : DO THINGS FOR OTHERS

1. When was the last time you did something with intention for someone else?
(0.00)

2. How did it make you feel?

3. Why do you think it made you feel that way?





WORKSHEET 2

KEY#2 : DO THINGS FOR OTHERS

4. Write a list of ten simple things you could do for others to brighten their day. Commit to doing one thing each day for a week.
(2.23)

1.

2.

3.

4.

5.

6.

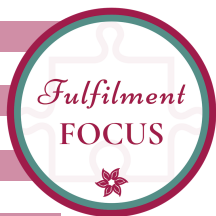
7.

8.

9.

10.





WORKSHEET 2

KEY#2 : DO THINGS FOR OTHERS

At the end of each day, write down what you did, and how it made you feel.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

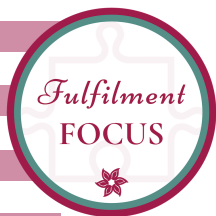
Day 6:

Day 7:



KEY#2 : DO THINGS FOR OTHERS

5. When was the last time you *received* something given in this way? What (3.57) happened?
6. Did you notice the effect your acceptance had on the person giving to you? How did they react?
7. How did that make you feel?



WORKSHEET 3

KEY#3 : BE TRUE TO WHO YOU ARE

1. Write down at least five values that define how you live your life. If you find this tricky, try starting with "I believe..." and complete the statement.

1.

2.

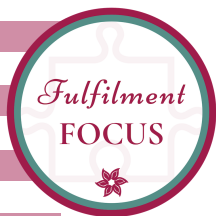
3.

4.

5.

2. Write out around 10 qualities that you possess. Don't overthink it, just set a timer for 5 minutes and write. Use "I am..." statements to get you started if that's easier.



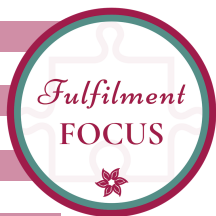


WORKSHEET 3

KEY#3 : BE TRUE TO WHO YOU ARE

3. Look back over the qualities you've written out. Which ones are you most proud of? Write down why they make you feel proud. Spend a little while just appreciating and revelling in the fact that you *are* that person. Feels good, right?





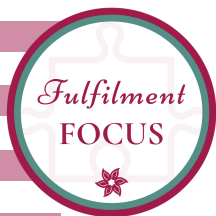
WORKSHEET 3

KEY#3 : BE TRUE TO WHO YOU ARE

4. Think back over the last week. Did you do anything that didn't sit well with you? Write out a description.

5. What was it about that activity that felt out of kilter? What value of yours did it compromise?





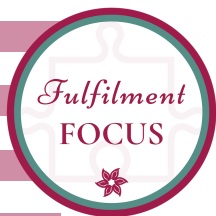
WORKSHEET 3

KEY#3 : BE TRUE TO WHO YOU ARE

6. What could you change about that activity so that it fits better with you? Can you swap it for something else? Or could you make some adjustments? What would be the first step? When are you going to take it?

7. How does being true to you make you feel like a winner?
(3.23)





WORKSHEET 4

KEY#4 : TAKE CARE OF YOUR BODY

Before you start, drink a glass of water!

1. How do you feel about your body? Be honest, and write it all out.
(0.00)

2. What five parts of your body do you like best? And why?

1.

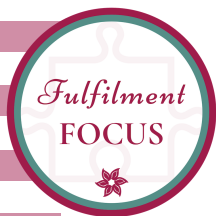
2.

3.

4.

5.





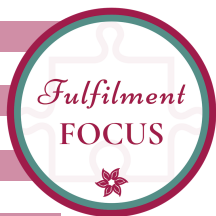
WORKSHEET 4

KEY#4 : TAKE CARE OF YOUR BODY

3. Have a think about how you are treating your body. Don't be judgemental
(1.43) about it, just be honest. Write it out.

4. Now you've been objective about it, how do you feel about how you treat
(2.15) your body?



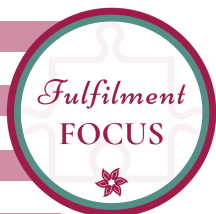


WORKSHEET 4

KEY#4 : TAKE CARE OF YOUR BODY

5. What would you like to change about how you treat your body?
6. What would be one thing you could commit to today to begin that change?
7. Write out a list of 5 types of movement that work for you and resolve to
(2.58) pick one each day for a week.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.





WORKSHEET 4

KEY#4 : TAKE CARE OF YOUR BODY

8. At the end of each day, make a note about how you felt after completing that movement, and keep tabs on how much water you drank that day.

Day 1:

No. of glasses of water drunk:

Day 2:

No. of glasses of water drunk:

Day 3:

No. of glasses of water drunk:

Day 4:

No. of glasses of water drunk:

Day 5:

No. of glasses of water drunk:

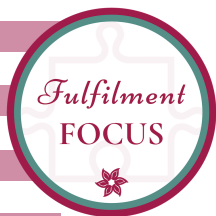
Day 6:

No. of glasses of water drunk:

Day 7:

No. of glasses of water drunk:





WORKSHEET 5

KEY#5 : FEEL THE SATISFACTION OF ACHIEVEMENT

1. To begin with, think back to yesterday. Write down 3 things that you
(0.00) achieved (remember, small things count). Celebrate them. Feel good about them! This is a good habit to get into as a daily practice.

1.

2.

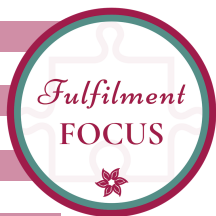
3.

2. Now let's look at things that you've started but haven't finished, or tasks
(2.10) that you've been putting off for ages that you just need to get *done* so they're not niggling at you anymore! Make a list.



KEY#5 : FEEL THE SATISFACTION OF ACHIEVEMENT

3. For each task on your list, think about why you haven't done it and write it out.
4. Now write about how you would feel if each of these things were completed. Write in as much detail as you can and make it compelling.

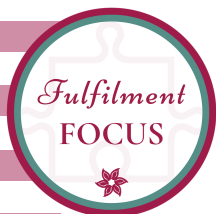


WORKSHEET 5

KEY#5 : FEEL THE SATISFACTION OF ACHIEVEMENT

5. Pick one of these tasks and commit to making progress with it this week. If
(4.00) you can finish it, great! If not, decide how far you can realistically get with it this week and commit to doing that. To keep you motivated, read through what you wrote about how you would feel if it was done. Use the rest of this page to plan what you're going to do.





WORKSHEET 5

KEY#5 : FEEL THE SATISFACTION OF ACHIEVEMENT

6. Don't forget to look back each day and celebrate the small steps you've achieved.

Day 1:

Day 2:

Day 3:

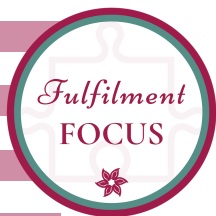
Day 4:

Day 5:

Day 6:

Day 7:





WORKSHEET 6

KEY#6 : BECOME A GREATER YOU

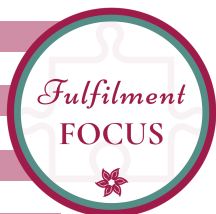
1. Think about a time when you pushed yourself out of your comfort zone.
(0.00) What did you do? How did you go about it?

2. How did you feel about yourself afterwards?



KEY#6 : BECOME A GREATER YOU

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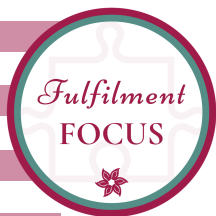


WORKSHEET 6

KEY#6 : BECOME A GREATER YOU

5. Imagine that you've done this thing and everything went perfectly. Write out *that* story in as much detail as you can, paying particular attention to how you feel.
- (4.16)





WORKSHEET 6

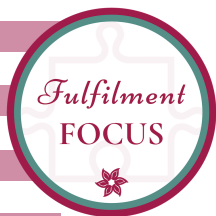
KEY#6 : BECOME A GREATER YOU

6. How do you feel about doing it now?
(5.34)

7. Thinking about how amazing it would be to have done it... what is the first step you need to take? Take it. You can do this.

8. When you've taken that first step take a moment to think about how you felt when you were doing it, and when you'd done it. Not so bad after all? Time to plan the next step then!



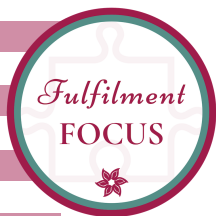


WORKSHEET 7

KEY#7 : NURTURE RELATIONSHIPS

1. Have you ever had a conversation with someone and got the feeling that they weren't fully engaged with you? How did that make you feel?
2. Do you recognise when you do this to someone else?
3. Be present with people. Start by taking 5 minutes a day to really focus on the person you're with. Listen to what they're saying, not just so you can reply, but more deeply. Try not to be distracted by thoughts. Enjoy being in the moment with that person. Write down how that made you feel.





WORKSHEET 7

KEY#7 : NURTURE RELATIONSHIPS

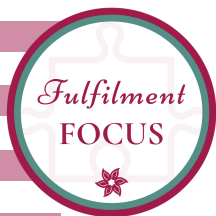
4. Who are the most important people in your life?
(0.57)

5. Why do they mean so much to you? What is it about them that you love so much?



KEY#7 : NURTURE RELATIONSHIPS

6. When was the last time you spent an hour with them with your (and their) phone switched off? What did you do? How did you feel?
(1.44)
7. How often does this happen? Are you happy with that? If not, decide when you can do it again.
8. If you have family or friends that are some distance away, how often do you meet up? Do you have plans to do it again soon? If not, can you instigate that?



WORKSHEET 8

KEY#8 : BE ON PURPOSE

Go deep with your answers to these questions. Really try and get to the bottom of what it is that makes your soul sing.

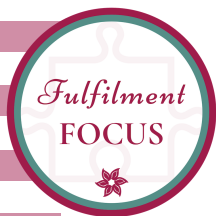
1. Start by thinking about all the things you love to do. List them.
(0.00)

2. What activity do you get completely lost in, so that hours pass without you noticing?



KEY#8 : BE ON PURPOSE

- 



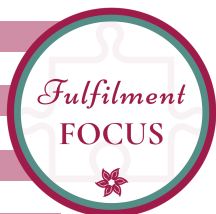
WORKSHEET 8

KEY#8 : BE ON PURPOSE

5. Who do you really admire? Why? What do they do? What is it about them that makes you hold them in such high esteem?

6. If you don't know exactly what your purpose is can you identify a couple
(3.23) of elements that it's likely to include from the previous prompts?





WORKSHEET 8

KEY#8 : BE ON PURPOSE

7. How could you bring more of these into your current life? Who could you ask for help? What could you do in your current job (if you have one) to tick those boxes? Is there an organisation where you could volunteer?

8. Commit to trying these ideas out and notice how it makes you feel.



So there you have it...

Well done for working your way through these journal prompts, you've really focussed on your fulfilment.

What did you learn about yourself I wonder?

I really hope it has opened some doors of possibility for you and given you the courage to explore all the crazy juiciness that life has to offer.

If you would like my help to go deeper into any of the 8 Keys to Fulfilment just drop me a line at hello@melmorrisjones.com and we can talk about how we can do just that.

Sending love your way...

Mel xo

