

## 2-minute Journal

**Using this tool:** This 7-day, 2-minute journal is designed to support you through your coaching journey by facilitating a process of bitesize, tangible, but reflective documentation of your daily intentions. You may choose to write just one word, phrase, or sentence in each box, but it is the intent that will build your vision. Be consistent. **Let's get Unstukk!**

Day 1	Morning	Today, I <b>want to</b> ...
	Evening	Today, I <b>will</b> ... Today, I <b>appreciated</b> ... Today, I <b>learned</b> ...
Day 2	Morning	Today, I <b>want to</b> ...
	Evening	Today, I <b>will</b> ... Today, I <b>appreciated</b> ... Today, I <b>learned</b> ...
Day 3	Morning	Today, I <b>want to</b> ...
	Evening	Today, I <b>will</b> ... Today, I <b>appreciated</b> ... Today, I <b>learned</b> ...
Day 4	Morning	Today, I <b>want to</b> ...
	Evening	Today, I <b>will</b> ... Today, I <b>appreciated</b> ... Today, I <b>learned</b> ...
Day 5	Morning	Today, I <b>want to</b> ...
	Evening	Today, I <b>will</b> ... Today, I <b>appreciated</b> ... Today, I <b>learned</b> ...
Day 6	Morning	Today, I <b>want to</b> ...
	Evening	Today, I <b>will</b> ... Today, I <b>appreciated</b> ... Today, I <b>learned</b> ...
Day 7	Morning	Today, I <b>want to</b> ...
	Evening	Today, I <b>will</b> ... Today, I <b>appreciated</b> ... Today, I <b>learned</b> ...