

# Keeping up with your journal

## Purpose

- Why are you keeping this journal?
- What is the purpose for this journal?
- What are you trying to use this journal for?
- What are you trying to achieve by keeping this journal?

## Intention

- What does 'keeping up' look like to you?
- What does 'keeping up' look like in terms of what you do on a daily, weekly, and monthly basis?
- Why do you define 'keeping up' in this way?

## Execution

- How does your journaling reality line up with your intentions?
- In what ways are you not keeping up with your journal?
- When do you find it hardest to keep up with your journal?
- What parts of your journal are you not keeping up with?
- Why aren't you keeping up with your journal?

## Ways forward

- What strategies have you already used to try and help you keep up with your journal?
  - What elements of those have been successful? Why?
  - What elements of those have not been successful? Why not?
- What specific things can you do to tackle the reasons you identified for not keeping up?