

101 Journaling Questions
For Health, Wealth, Fitness, and
Mindset

By Dr. Alison DiBarto Goggin





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Daily journaling is an important guidepost in your daily routine. Writing down your thoughts, worries, goals, and affirmations is a powerful way to program your mind to be focused, positive, and in a state of gratitude.

These journaling prompts and questions are to guide you to think deeply about your life, health, wealth, fitness, family, and goals. You can answer one question each day in your journal or the whole page, it is up to you!

Come back to the questions ask you keep journaling because you will find your answers will take you deeper, memories will surface, your goals will change, and you will feel differently about yourself.

To living your best life,

Dr. Alison DiBarto Goggin





1. When did you feel most physically strong and fit in your life? What did you do to achieve that strength?



2. Describe your perfect day.



3. Describe your ideal body and why it is your ideal.



4. What is your 'why' (or top 10) for changing your health and fitness?



5. What are your 10 best habits and why do you follow through with them?



6. What are your 10 worst habits and what would you like to change about them?



7. What was the greatest compliment
you ever received?



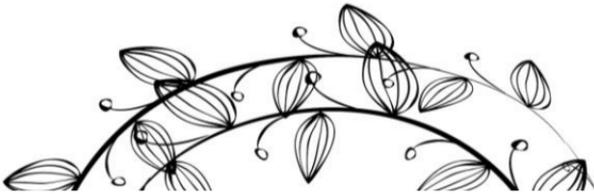
8. What story do you tell yourself
about your weight every day?



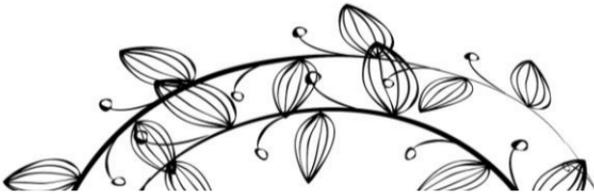
9. What is your first thought when you wake up?



10. What is the hardest decision you
have had to make in your life?



11. What did you enjoy most about
your childhood?



12. What emotions do you experience
on a daily basis?



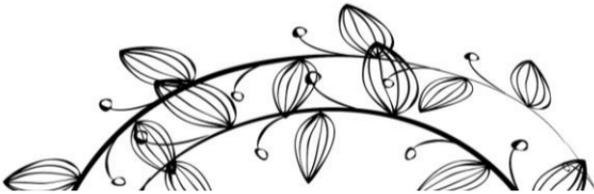
13. What emotions would you like to
create and feel daily?



14. List the events, experiences, or circumstances when you felt those emotions.



15. When do you feel most stressed during the day?



16. How do you react to stressful situations?



17. How does food and exercise play into how you react and manage stress?



18. How do you feel when you use
food to manage stress?



19. How would you react to stressful situations if you were feeling your best?



20. What did your parents or guardians teach you to believe about health?



21. What did your parents or guardians teach you to believe about weight, size, and body image?



22. What role did stress play in your
childhood?



23. What role did food and dieting play in your childhood?



24. How did you feel about your body as a child and teen? What would you tell that version of yourself as you are now?



25. What lessons have you learned
about your health?



26. How influenced you the most
growing up? Write them a letter
about their role in your life.



27. When you think about completing your favorite workout, and you are at your health goals, how do you imagine you will feel after? Hint: use this feeling as you focus on your workouts now!



28. When do you love yourself, cherish
your body, and celebrate life the
most?



29. What makes you the most angry?



30. List 20 things in your life that you are grateful for.



31. Describe your perfect relationship
with your body.



32. Describe your perfect relationship
with food.



33. How do you want to feel every day? And will you make the decisions to help your body feel that way today?



34. On a scale of 1-10, how willing are you to do the work and follow the plan to feel better? Why did you choose this number? What would it take for you to be at a 10?



35. What do you see when you look in the mirror? What would you like to see when you look in the mirror? And do you think that your perception of yourself is the only difference?



36. How do you talk to yourself during the day? Are you supportive, encouraging, and loving to yourself or do you focus on the negative? What phrases do you hear yourself think or say most often?



37. Looking back at yesterday's phrases, would you say those things to other people? Would you tell your children those things? And would you want your children saying those phrases about their own body and life?



38. How do you want your children
(or those you love) to talk and feel
about themselves?



39. If you could let go of one negative thought/phrase you use consistently, what would it be? How would it change your outlook, emotions, habits?



40. Where do you believe this negative thought originated? Did someone tell you this when you were younger or did you develop a story about yourself? Think back to ages 2-8 and the situations that you lived through and how it impacted your self-talk.



41. What would it take for you to let
go of that one negative thought or
emotion?



42. How have you stretched your comfort zone in the past month (even slightly)? What did you learn from this experience? What's one new comfort zone challenge you'd like to conquer?



43. Where do you feel the most supported in your life? Where would you like more support and how would that help you?



44. Where has physical clutter taken over your life? Has this impacted your ability to take action, be creative, or has it created excuses?



45. How has someone recently
misjudged you or misunderstood
you?



46. Have you chosen yourself today or this week? Share how you have made yourself a priority or how you haven't and why.



47. Sit back and take a few deep breaths. Where are you tensing with stress or anxiety? Allow your hands, arms, and shoulders relax as you breathe. Notice this tension throughout the day and journal on when it starts and how you manage your physical body.



48. What's something from your past that you are thankful you gave up on? Why?



49. What do you simply believe is true
about your health, your body, your
weight, your fitness?



50. List 5-10 attributes that you would like to embody and express this year (ex: confident, abundant, fun, strong, leader, mother)



51. When do you feel most powerful?



52. When do you feel your weakest?



53. Where do you give your power and energy away through the day? Do you give your power to memories of the past, regrets, and failures? Or to the future with worry and fear?



54. If the feeling of anxiety is simply a fear that something bad will happen in the future, what would you say makes you the most anxious? Is that anxiety real or can you manage the future?



55. What do you give yourself
permission to choose today?



56. What do you find easy to do in
your life that others struggle with?



57. What is the 1 thing that you **MUST** get done that day, knowing, that if you got that 1 thing done, you will have had a successful day!



58. Can you love yourself
unconditionally? Can you *choose*
to love yourself unconditionally
today?



59. Today I can control:



60. Today I will make myself a priority

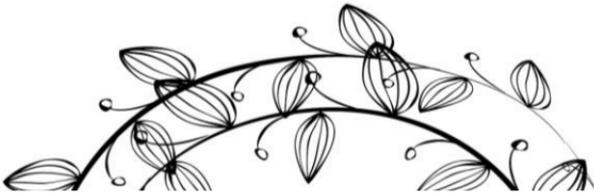
by:



61. What are you not doing that you know you should be doing? How can you begin to make those things a priority?



62. I AM WORTHY: what feelings does
this statement bring up for you?



63. Now that I have reached my goals
of _____, I now live and
experience life this way:



64. Do you listen to your intuition,
your body's 'gut reaction', or inner
voice? Why or why not?



65. Today I choose to feel:



66. What would your life look like if
you weren't always trying to prove
you are good enough, worthy, etc?



67. How do you let others judgement
of you affect you emotionally and
physically?



68. How are you trying to prove yourself to? Why? What do you get out of the process and what do you think they want from you?



69. What are you avoiding within yourself when you focus on others instead of making yourself a priority?



70. Are you taking full responsibility
for your health and life? Why or
why not?



71. How can you take full
responsibility for your health and
life, right now?



72. What is the biggest lie you tell
yourself?



73. In what ways do you hold yourself
back from success?



74. How would you like to live your
every day to be successful?



75. How would you like to experience support and love in your life?



76. What is your relationship with
yourself?



77. What is different since you began these journaling questions?



78. What are you afraid someone else
might find out about you?



79. When do you feel most creative?



80. How can you be more honest with those around you?



81. What is the easiest way to move your body today? How do you enjoy moving your body?



82. When do you feel most inspired?



83. Where do you limit yourself
because of things that have
happened to you in the past?



84. Where do you need support the most in your life right now? What steps can you take to find that support?



85. Do you take time to enjoy your
thoughts and thinking process?



86. When do you lose focus? What helps you redirect your thoughts and energy so you can be focused?



87. When are you most present and in the moment?



88. Where would you go on an
adventure around town? Where
would you go for an adventure
anywhere in the world?



89. What can you do to stay true to
your original vision of your life and
health?



90. Are your relationships balanced?

What to you appreciate about the
balance in your relationships?



91. When do you feel lonely and how
do you feel about being alone?



92. How can you create a life-style that is more peaceful? Commit to 3 peace enhancing activities today.



93. How do you cope with unexpected events, chaos, and tragedy? Can you embrace transition?



94. What is your definition of power?

Do you feel powerful?



95. Do you trust your intuition? How
can you trust yourself more?



96. What would an unlimited life look like to you? What would you do, where would you live, how would you work?



97. Do you believe that you can create
your reality?



98. What distractions do you need to remove from your life to keep focus and committed?



99. How do you see yourself
harnessing the power of your
health?



100. When do you struggle
 saying 'no' to others or yourself?
 What keeps you from saying no
 and are those stories real?



101. What areas of your life have
 you outgrown? What situations do
 you need to release to grow
 yourself and your life?



About The Author

Since 2005, Dr. Alison DiBarto Goggin has been studying and practicing nutrition, applied kinesiology, Reiki, and functional medicine. She graduated from Logan College of Chiropractic in 2009. She resides in Saint Louis, Missouri with her husband and two children.

She believes that every woman deserves to have the energy, passion, and health to enjoy their family and life by utilizing self-care and a wellness lifestyle. She specializes in women's health care, thyroid and hormone support, and IBS/SIBO issues and creates a customized healing program for each client.

Little Black Bag Medicine is a functional wellness practice that offers flexible telemedicine and phone or video consultations. Your consultations are completed at a convenient time for you either during lunch or after your children are in bed. Lab testing is available including blood, saliva, and hair with an extensive selection of options. Testing kits can be sent to your home making testing in the



privacy of your home easy and simple. Test results are reviewed over the phone along with your personalized plan.

You can find out more about working with Dr. DiBarto-Goggin through individual consultations and programs at www.LittleBlackBagMedicine.com

