

2 Getting to Know Our Minds Better

2A1 Lesson — Essential Questions to Ask Yourself Daily

The questions listed below are the same questions listed in Lesson 2A, “Journals Improve Self-Awareness”. They are listed here without explanations for easy access. Journaling these particular questions provide a healthy starting point to practice self-monitoring. Answering them on a regular basis can be an emotionally stabilizing practice worth continuing. More explanation about this activity is provided in Lesson 2A.

1. What were the highlights of my day? My week? (You can do a monthly list to later build into a yearly list.)
2. What frustrated, angered, or bothered me today?
3. What am I grateful for and encouraged about today?
4. What did I do today that might have inconvenienced or offended another person?
5. What did I tell others today that I would do?
6. What have I borrowed from someone today, that I will need to return?
7. What did others tell me that they would do or borrow from me today that I need to remember?
8. What did I learn today about myself that I didn't realize before?

PLEASE NOTE: Remember at this point to continue reading through Lesson 3 group, if you haven't previously done so, before beginning the suggested activities.