



A Thought Journal

Because everyone has thoughts



In case of loss, please return to:

As a reward:

Following your dreams

Just for a moment, write down 3 of your dreams – things that you want for your life.

What is one thing that you could do next week that can bring you closer to one of these dreams?



Hold fast to dreams, For if dreams die,
Life is a broken-winged bird, That cannot fly
Langston Hughes

Charting areas for growth

For the bars below, colour them to indicate how happy you are with your current state for each of the following: Love/Relationships, Fun/Play, Work, Health (Physical & Emotional)



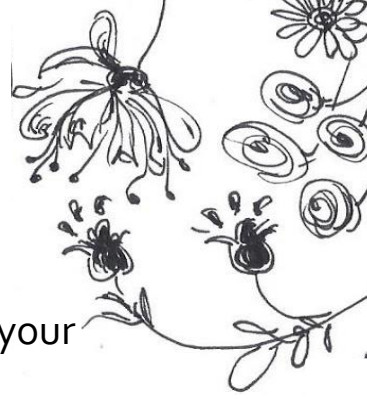
Which aspect(s) are you most happy with? Why?

Which aspect(s) are you least happy with? Why? How do you think this can be improved?

To live is the rarest thing in the world. Most people exist, that is all.

Oscar Wilde

Feeling your workplace



Take time to identify and connect with the heartbeat of your workplace. Consider the following:

How does it feel to walk into work each day, especially on Monday?

Are there behaviours you feel don't serve the best interests of the people at your workplace?

If you could, how would you design the culture in your organisation?

What kind of behaviours would you like to foster?

How do you think these can be fostered?

*Our working identity is not a hidden treasure waiting to be discovered at the very core of our being
– rather, it is made up of many possibilities... we are many selves.*

Herminia Ibarra

Mapping your relationships

Starting off, write your name in the centre.

1. Around it, write the names of the people in your life - your family, friends, partner, co-workers or acquaintances.
2. For each name, draw an arrow towards your own name, with the thickness each arrow representing the amount of support each person gives to you.
3. Then draw an arrow indicating the amount of support you give others by drawing arrows in the opposite direction.



Consider whether there are any changes you would like to make-
Relationships to strengthen, or to back away from.

Consider that the most promising relationships could be where the **support is mutual**, instead of where support is the strongest.

For relationships you'd like to strengthen, share your goals/plans with these people and ask for their help explicitly. Be clear that they don't need to feel obliged to help if they don't want to. This liberates both parties to help in an open and proactive manner.

*It is in the shelter of each other that people live.
Irish proverb*

Defining a 'good life'

What do you think a 'good life' entails? What kind of life do you truly admire and hope to be able to look back on?

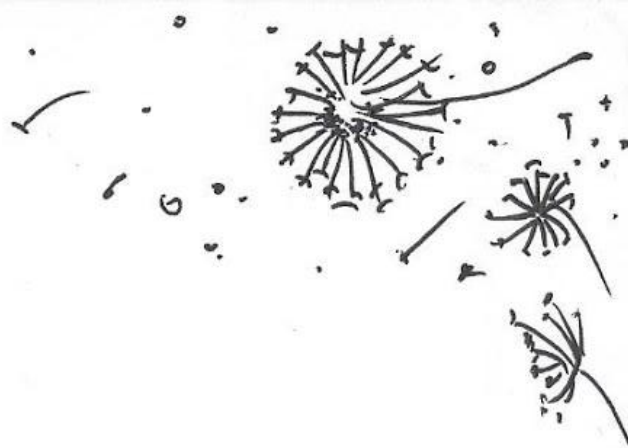
Write down a list of things to accomplish before you pass on.

What steps are needed for you to accomplish these?



*Life is to be lived with passion,
risks are to be taken,
and the day is to be seized
Unknown*

Checking in...



Right now I am feeling....

In 3 words, this week was...

- 1.
- 2.
- 3.

What was fun about this week?

What was one thing I found challenging?

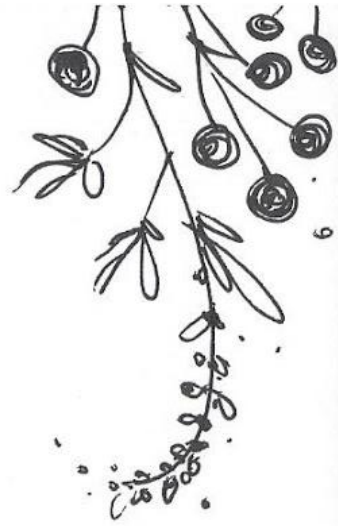
3 things I am grateful for...

- 1.
- 2.
- 3.

The true secret of happiness lies in taking a genuine interest in all the details of daily life.

William Morris

Exploring your identity



Write 10 different answers to the question, 'Who am I?'

I am.....

I am.....

I am.....

I am.....

I am.....

I am.....

I am.....

I am.....

I am.....

I am.....

When was it that you last felt truly alive?

What made you feel this way and why?

We are each absolutely essential, each totally irreplaceable.

Leonard Pettier



Dear kindred spirit,

Like bubbles, thoughts come and go.

I've experienced joy and encountered surprises through the process of journaling these thoughts.

I hope that, by penning them down, you will too.

Wen lin



*Unafraid of change,
insatiable in intellectual curiosity,
interested in big things,
and happy in small ways.*

- Edith Wharton -



@WenlinTellsStories



wenlin@wenlintan.com