

JOURNAL YOUR WAY TO SELF DISCOVERY



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What I Didn't Love About Today...

If you had a bad day, it's a good idea to start with this prompt before attempting prompt number three. All you need to do is set a timer for 10 minutes before writing down all the things that went wrong in your day.

Spare no detail. Write down every injustice. Tell your journal about how the bus driver was mean to you. Tell it about how the Sistine Chapel was so crowded that you couldn't see any of the art. Talk about the rude tourists.

After you've aired your grievances, give prompt number three a shot. Sometimes just letting go of a bad day can help you see the hidden good in the day.

If I Could Go Anywhere...

If you haven't left for your trip yet, you might want to start out with this prompt. This is a great way to start thinking about the types of trips you want to take. This is a really fun way to use your travel journal.

About the Author: Victoria Johnson

As a Heal Your Life® Professional Educator and Coach Trainer in Canada, Victoria is living her passion of supporting and facilitating people through their personal and professional evolution.

Although Victoria has held many executive positions within corporate business, her true passion has come from successfully building two thriving businesses that were built on the belief of empowering and helping others.

Not only will you find Victoria to be highly personable and relatable, she teaches in a conversational style that uplifts and inspires people. As well as being an internationally certified business coach, Victoria is also certified to facilitate in depth business training for corporate leaders, employees and entrepreneurs alike. She has both studied and taught this work in Canada, the USA, India and the UK.

Victoria is an active member of her community. Her level of energy and commitment to empowering individuals is encouraging and produces long lasting results for many.

Not only has Victoria graduated from multiple coaching and team building programs, she is also a Certified Addiction's Counsellor, student of economics, and is the author of a trilogy of children's books. Victoria enjoys using her creative talents as Editor for the worldwide publication – Heal Your Life® Good News and Inspiration, as well as writing a regular wellness column for a published magazine in British Columbia, Canada.