



BY NICOLE ANNETTE

# THE FLOURISH WORKBOOK

WE WRITE TO BECOME THE BEST VERSION OF OURSELVES



# A NOTE FROM YOUR JOURNALING COACH

WELCOME, MY BEAUTIFUL FRIEND.

Hey my friend! Welcome to the FLOURISH Writing Circle: Becoming the Best Version of YOU. I'm so glad that you have chosen to take a self-care moment to write and process your thoughts.

For me, journaling has been the best self-care tool for healing, self-confidence, self-awareness, mindfulness, processing my thoughts and emotions, controlling my stress and overwhelm, motivation, productivity and so much more! My journaling practice has empowered me to flourish in ways I never dreamed of, and it keeps helping me grow in every aspect of my life.

As a journaling coach, I love sharing the benefits of journaling with other women, (and a few men-folk.) I believe that when we flourish, we are able to effectively nourish our families and those we love and care for. Our writing changes us, and by extension, it changes our families, our community and our world!

You've taken the first step in starting or cultivating YOUR intentional journaling practice, and that makes you AWESOME, but more importantly, you have chosen the key that will unlock the doors to open communication with yourself, deeper self-awareness, and to becoming the best version of yourself.

Welcome to The FLOURISH Writing Circle my friend...

*Nicole Annette*

NICOLE ANNETTE  
Founder of Journal Junky®

# OUR FLOURISH WRITING CIRCLE VALUES

- **HONOR**

*EVERY STORY HAS VALUE AND SHOULD BE HONORED*

- **RESPECT**

*EACH PERSON DESERVES TO BE HEARD AND RESPECTED*

- **SAFETY**

*TOGETHER WE CULTIVATE A SAFE PLACE TO COMMUNE WITH OURSELVES AND WITH EACH OTHER*

- **COMPASSION**

*OUR WRITING CIRCLE IS A JUDGEMENT-FREE ZONE*

- **LEARNING + LISTENING**

*WE ARE HERE TO LISTEN AND TO LEARN FROM OURSELVES AND FROM OTHERS*

- **CONSIDERATION**

*WE REFRAIN FROM SHARING SOLUTIONS/OPINIONS UNLESS ASKED*

- **FREEDOM**

*WE ARE FREE TO SHARE OR TO SIMPLY WITNESS WITHOUT PRESSURE*

- **GROWTH**

*TOGETHER WE WRITE TO FLOURISH & BECOME THE BEST VERSION OF OURSELVES*



# A FEW JOURNALING TIPS

HOW TO JOURNAL WITH INTENTION

## 5 EFFECTIVE JOURNALING TIPS FOR YOUR PRACTICE

1. Create an inspiring writing space. Find a quiet place where you can be still and focus on your thoughts and on your writing. You may enjoy lighting a candle, playing soft music, or drinking your favorite warm beverage!
2. Create your intention around your practice to write with honesty and without judgement.
3. Take your time to experience what shows up for you as you answer each prompt. Take a break if necessary, and come back to the prompts later.
4. NOTICE your words and thoughts on paper. Ask questions. Be curious. Learn from yourself. Listen for your answers.
5. Reflect on your journaling experience. How did you feel after your practice was over? What did you learn? How can you use what you learned and apply it to your life? What future topics are you inspired to write about?

Bonus Tip: After writing, offer gratitude and congratulations to yourself for taking time for self-care and self-connection!





# FLOURISH + NOURISH

WHAT DOES IT MEAN TO FLOURISH?

## WHAT DOES IT MEAN TO FLOURISH?

The flourishing life is the life you are living when your values are aligned with your actions.

You are well.

You feel fulfilled.

You are true to yourself.

You understand your needs and how to care for yourself mentally, emotionally, physically, and spiritually.

You are living with intention and purpose.

You are mindful of your thoughts, feelings, and actions and how you relate to the world around you.

You have the ability to grow, develop, and thrive through good times and through life's challenges and struggles.

You make conscious choices that cause you to step forward into the best version of yourself on a daily basis.

You are producing in a way that enables you to nourish those you love and care for.

Others can feed off of your tree and drink from your overflow.

This is what it means to FLOURISH...

**BECOMING THE BEST  
VERSION OF YOURSELF  
ISN'T ONLY ABOUT  
ACCOMPLISHING HUGE  
GOALS OR CONQUERING  
ALL YOUR FEARS. IT'S  
ABOUT CONSCIOUSLY &  
COURAGEOUSLY CHOOSING  
TO BRING THE BEST OF  
YOURSELF INTO EVERY  
SITUATION AS MUCH AS  
POSSIBLE.**

**NICOLE ANNETTE**



# MY JOURNALING PRACTICE

MY PERSONAL COMMITMENT TO SELF-CARE

HOW LONG WILL IT TAKE:

- ☐ 5 minutes
- ☐ 15 minutes
- ☐ 45 minutes

HOW OFTEN WILL I DO IT:

- ☐ Daily
- ☐ Weekly
- ☐ Monthly

HOW I WANT TO FEEL:

- ☐ Joyful
- ☐ Grateful
- ☐ Balanced
- ☐ Relaxed
- ☐ Loved
- ☐ Happy
- ☐ Other:

MY WRITING SPACE: (TIME & PLACE)

MY INTENTION:

MY REFLECTION:

# JOURNAL *flourish* PROMPTS





# MY PERSONAL NARRATIVE

THIS IS MY PRESENT STORY

**INSTRUCTIONS:** Describe the current version of your life. (What is your present story? Where are you now in life? What have your current choices created so far? How do you feel about your life as it is right now?)



# MY CORE VALUES

THE WORDS THAT DEFINE MY LIFE

**INSTRUCTIONS:** Write down your 10 Core Values below.

A Note: Core values are your fundamental beliefs which dictate your behaviors and choices. Your values represent who you are and what you will or will not stand for. When your values align with your actions, you may feel more peaceful, less stressed and overwhelmed. When your values do NOT align with your actions, your brain gets confused, and you may feel inner conflict, resistance, frustration, chaos, overwhelm and stress.

A large, light gray hexagonal grid pattern, resembling a honeycomb structure, is centered on the page. It consists of 10 hexagons arranged in a cluster, providing a space for writing the 10 core values.



## DEFINING THE BEST VERSION OF MY LIFE

### MY VISION

**INSTRUCTIONS:** This is the fun part where you get to choose and create the best version of yourself and of your life! What brings you joy and peace? What or who inspires you to be at your best? When do you feel most engaged and creative? When do you feel more stressed, frustrated and overwhelmed? Who or what drains you? What stories, values, actions and beliefs no longer serve you?

WHAT DO I WANT  
MORE OF IN MY LIFE?

WHAT DO I WANT  
LESS OF IN MY LIFE?



## DEFINING THE BEST VERSION OF MYSELF

(MENTALLY)

**INSTRUCTIONS:** In this section, define what you need and desire in order for you to flourish mentally. After defining your needs, explore the person you need to "become" in order to flourish in this area of your life.

Note: (This exercise will empower you to be more strategic with your thoughts, choices, and behaviors.)

WHAT DO I WANT MORE  
OF IN THIS AREA  
OF MY LIFE?

A large, empty, light gray rectangular box intended for the user to write their response to the first prompt.

WHO DO I NEED TO BECOME TO  
ACHIEVE THIS RESULT IN MY LIFE?  
(WHAT ARE MY THOUGHTS,  
FEELINGS, ACTIONS, AND  
BEHAVIORS?)

A large, empty, light gray rectangular box intended for the user to write their response to the second prompt.



## DEFINING THE BEST VERSION OF MYSELF

(EMOTIONALLY)

**INSTRUCTIONS:** In this section, define what you need and desire in order for you to flourish emotionally. After defining your needs, explore the person you need to "become" in order to flourish in this area of your life.

Note: (This exercise will empower you to be more strategic with your thoughts, choices, and behaviors.)

WHAT DO I WANT MORE  
OF IN THIS AREA  
OF MY LIFE?

WHO DO I NEED TO BECOME TO  
ACHIEVE THIS RESULT IN MY LIFE?  
(WHAT ARE MY THOUGHTS,  
FEELINGS, ACTIONS, AND  
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## DEFINING THE BEST VERSION OF MYSELF

(PHYSICALLY)

**INSTRUCTIONS:** In this section, define what you need and desire in order for you to flourish physically. After defining your needs, explore the person you need to "become" in order to flourish in this area of your life.

Note: (This exercise will empower you to be more strategic with your thoughts, choices, and behaviors.)

WHAT DO I WANT MORE  
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## DEFINING THE BEST VERSION OF MYSELF

(SPIRITUALLY)

**INSTRUCTIONS:** In this section, define what you need and desire in order for you to flourish spiritually. After defining your needs, explore the person you need to "become" in order to flourish in this area of your life.

Note: (This exercise will empower you to be more strategic with your thoughts, choices, and behaviors.)

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## DEFINING THE BEST VERSION OF MYSELF

(SOCIAL/RELATIONSHIPS)

**INSTRUCTIONS:** In this section, define what you need and desire in order for you to flourish socially. After defining your needs, explore the person you need to "become" in order to flourish in this area of your life.

Note: (This exercise will empower you to be more strategic with your thoughts, choices, and behaviors.)

WHAT DO I WANT MORE  
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## DEFINING THE BEST VERSION OF MYSELF

(FINANCIALLY)

**INSTRUCTIONS:** In this section, define what you need and desire in order for you to flourish financially. After defining your needs, explore the person you need to "become" in order to flourish in this area of your life.

Note: (This exercise will empower you to be more strategic with your thoughts, choices, and behaviors.)

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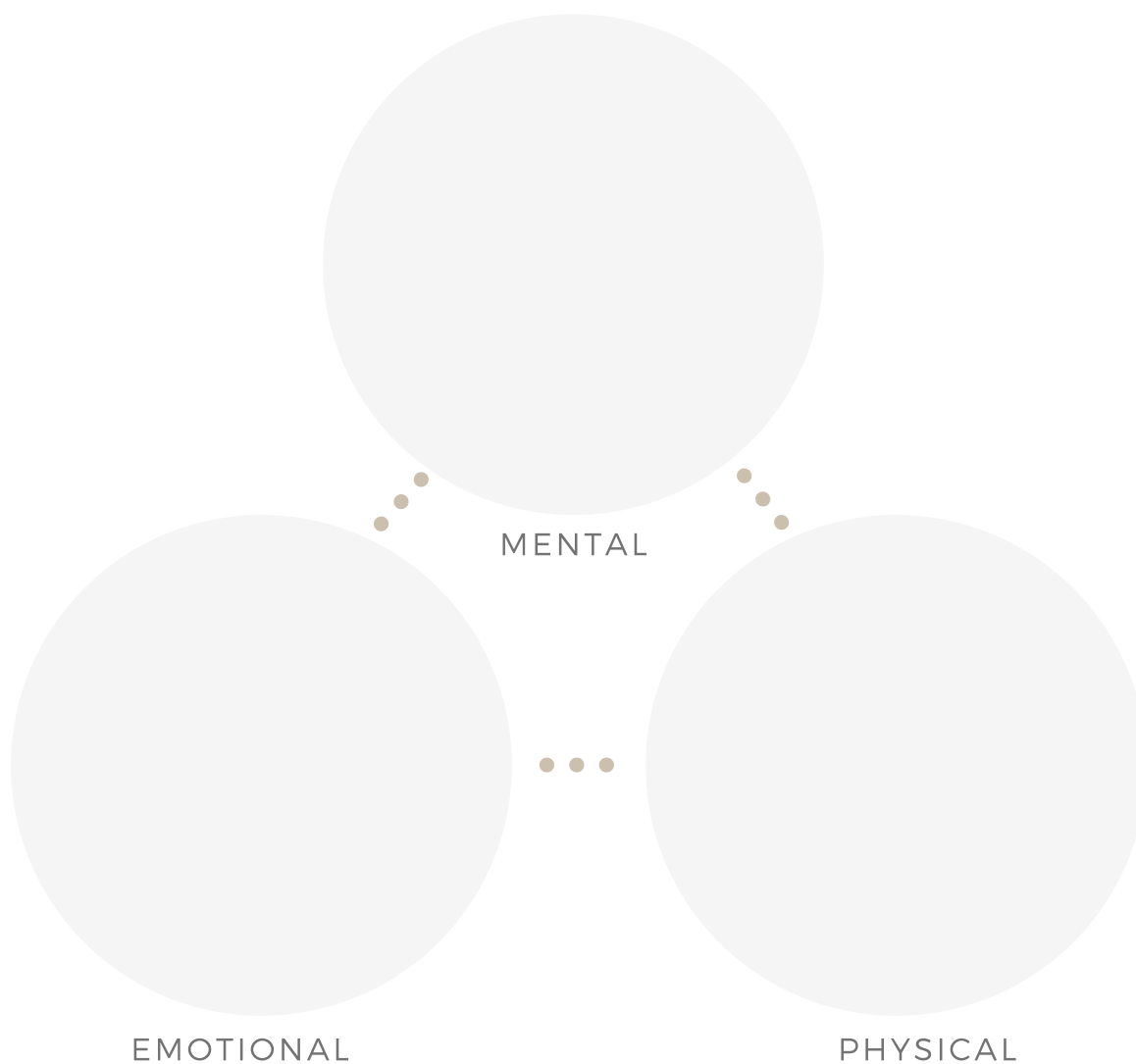


# TAKING ACTION

MY PERSONAL COMMITMENT TO FLOURISH

**INSTRUCTIONS:** In the circles below, write down ONE key habit that you will commit to for the next 60 days in each aspect of your life.

Note: Every choice you make and action you take is a vote for the person you are becoming!



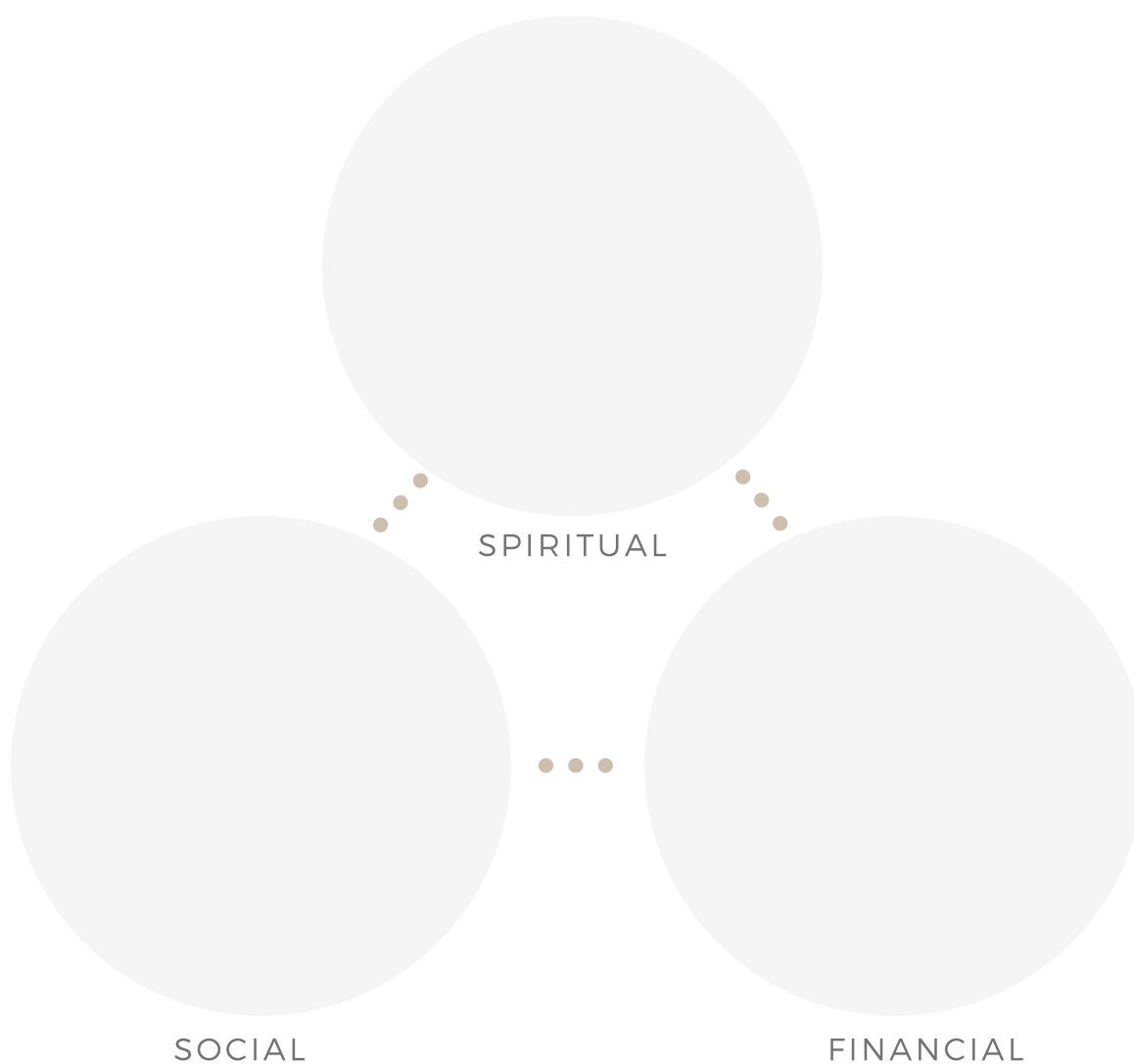


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# MY RESOURCES

I ALREADY HAVE WHAT I NEED

**INSTRUCTIONS:** In the circle below, write down your resources. These can be nurturing people or places where you find support and encouragement. These can be your personal qualities of strength or wisdom that you bring with you into this journey...



RESOURCE CIRCLE





# REFLECTION

MY THOUGHTS ON TODAY'S FLOURISH WRITING CIRCLE

A large, empty rectangular area with a light gray background, intended for the user to write their reflections. It occupies the central portion of the page, below the title and above the footer.

# JOURNAL *flourish* COMMITMENTS



# MY JOURNALING PRACTICE

MY PERSONAL COMMITMENT TO SELF-CARE

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## MEET THE AUTHOR

NICOLE ANNETTE

Nicole Annette is a passionate Writer, Coach, Teacher, Journal Maker, and Podcast Host of The Journal Coaching Podcast. Journaling has had a huge impact in her life, and has promoted insight, healing, personal and professional growth. Her mission is to inspire other women to transform their lives through the Intentional Journaling Practice so that they can FLOURISH and live the best version of their lives.

Nicole lives with her husband and two boy-folk in beautiful Asheville, NC where she wanders the gardens of the local arboretum and writes in newly discovered coffee shops.

You can read more of her story through her posts at [www.instagram.com/journaljunky](https://www.instagram.com/journaljunky)

*“What would you write  
if you knew your words  
could change your life?”*

## HAVE QUESTIONS?

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