

# Challenge journal ♡

Created by

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COACHING

# CHALLENGE *Journal*

*I created this Challenge Journal to support and guide you through the process of deepening and expanding your perspectives and insight when faced with challenges.*

## **1. IDENTIFY THE CHALLENGE:**

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## **2. ASK YOURSELF:**

*What assumptions am I making about this challenge?*

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*How might my assumptions be influencing my perspective?*

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*What are other ways can I view or interpret my perspective?*

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## **3. CONSIDER DIFFERENT PERSPECTIVES**

*How might others perceive this challenge differently?*

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# CHALLENGE

## Journal

*Which perspectives seem most beneficial and worth exploring further?*

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*What insights can I gain from diverse viewpoints?*

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#### **4. EXPLORE ROOT CAUSES:**

*What deeper issues or root causes are driving this challenge?*

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*In what ways are my beliefs influencing how I am reacting to or perceiving this challenge?*

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*What aspects of this challenge are out of my scope of influence? What is within my control?*

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# CHALLENGE

## Journal

### 5. SOLUTIONS AND POSSIBILITIES:

*What are potential solutions or approaches that I haven't considered?*

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*What supports would inspire and expand my wisdom and creativity in addressing this challenge?*

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*What lessons have I learned from overcoming previous challenges that can support me now?*

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### 6. IDENTIFY OPPORTUNITIES FOR GROWTH

*How might addressing this challenge create opportunities for growth or lasting change?*

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*What beneficial outcomes could result from effectively addressing this challenge?*

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*In what ways can I leverage this challenge as a catalyst for personal or collective growth?*

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# CHALLENGE

## Journal

### REFLECTION:

*Take a moment to reflect on your responses to the questions above. Consider how expanding your perspective has influenced your understanding of the challenge and potential pathways forward. Use your insights to inform your approach to addressing the challenge effectively.*

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### ACTION PLAN:

*Based on your reflections, outline concrete steps to navigate the challenge with a broader perspective. Consider how you can apply your insights to develop innovative solutions and a broader perspective in all areas of life.*

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*Feel free to revisit and revise your responses as needed, and embrace the opportunity to approach challenges with curiosity, creativity, and an open mind.*