

## JOURNALING REVEALING QUESTIONS

Noting your answers to these particular questions and reviewing them frequently, provides a healthy starting point for practicing what we call *self-monitoring*— which by definition, represents a much closer scrutiny for objectively observing the quality of our thoughts, communication, and behavior.

Self-monitoring reveals a dimension of our existence that is not self-evident. The journaling questions on this page are from EII's 2A Lesson and are among several offered in EII's program that contribute toward emotional balance.

- 1. What were the highlights of my day?** You will be amazed by how much more of a month's activities and experiences can be remembered by answering this question each day. This snapshot approach makes it possible to create a more thorough and interesting reflection upon your life, very similar to the value of keeping a photo collection.
- 2. What am I grateful for today?** This question can help you keep a positive attitude, especially when life's journey seems to go awry. With little effort, you will realize invariably that there is much for which to be thankful and encouraged—certainly more than you would have surmised without such contemplation.
- 3. What did I tell others today that I would do for them?** Noting answers to this question helps to ensure that you will remember what you planned to accomplish for others without causing others unnecessary stress.
- 4. What did I learn about myself today that I hadn't realized before?** By noting the answer to this question, you can easily review and monitor your growth in self-knowledge and behavioral improvements.
- 5. What frustrated, angered, or bothered me today?** Asking this question at the end of each day and reviewing your answers at week's end may help you understand what justifies heightened frustration or complaint and what doesn't. This time lapse should reveal whether your level of stress is higher in the heat of the moment than it should be, reducing the chance of your exaggerating stress unnecessarily.
- 6. How may I have inconvenienced or offended someone today?** As with all of us, finding fault with yourself may be difficult. This question forces you to consider the possibility with careful self-honesty. Posing this question may also assist you in paying closer attention to the feelings of others as you become more mindful of your own thoughts and actions.

The questions listed here pertain to matters of emotional stability and respect for others. Yet, how many of us consider asking and noting answers to these kinds of questions? By accumulating your answers and reviewing them periodically, you will gain a more complete picture of the emotional aspects in your daily life that are important to recognize. For actual calendar pages and details for assessing the answers to these and other questions, go to [e-ii.org](http://e-ii.org) web site, Lesson 2A.