



Journal Prompts To
Jumpstart Your Journey
To Enduring Success

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Pop culture seems to always portray transformation as just one task, one quick fix away. Organize your closet and your life will fall into place, or all it takes is a juice cleanse! But we all know that there aren't any shortcuts to long-lasting transformation. It takes deliberate choices every day to reach a state of enduring success. In fact, upon reflecting on my own journey, I have found there are five critical choices that I've made throughout my 25-year journey that have brought me to my enduring success. And with this five-choice framework in mind, I've put together this guide of journal prompts to help you identify the critical choices in your own life that are leading to your own enduring success. Ask yourself as you work through these prompts, how can I replicate and build upon my past successes to launch myself into the next phase of my transformation?

I've organized this guide into five sections that mirror my journey to enduring success:

- 1. Chance to Change*
- 2. Joy in the Ordinary*
- 3. Trust*
- 4. Community*
- 5. Enduring Success*

There are endless ways to use this guide, but I recommend printing it out and doing a little writing on whatever topic speaks to you every day. Remember: small actions that start from a place of duty slowly transform into habits and then into acts of joy.

I'd love to hear how these prompts are working for you! Follow me on Instagram @trishkendallspeaks, join our Facebook group <https://www.facebook.com/TrishKendallSpeaks>, or send me a message at <https://trishkendall.com/contact/>. I can't wait to share this journey with you!

Trish

*"Above all, be the heroine of your life..."
- Nora Ephron*



Section 1: Chance to Change

At 20 years old, I found myself alone, on a dirty bathroom floor with a needle plunged into my vein. A childhood of sexual abuse and neglect that eventually resulted in a crystal meth addiction had left me with no friends, no job, no love, and no hope. All I had was enough meth for two more fixes or one fatal overdose. But one phone call from my sister changed everything. With my first critical choice, to pick up the phone, I gave myself the chance to change.

"Real change, enduring change, happens one step at a time."

- Ruth Bader Ginsburg

Word Association: Take a deep breath. Envision the word "change". Say it out loud. Take five minutes and jot down any word that comes to mind when you hear the word "change". What does "change" mean for you?

What's an example of a first choice you made on your journey to success? Did you know it was a critical choice?



Section 1: Chance to Change (continued)

What “first choice” do you need to make now? What impact could that first choice have on your life?

That “first choice” might feel huge. How can you chunk this choice down into an even smaller and immediate choice that you can act on right now?



Section 2: Joy in the Ordinary

I made my second critical choice a few weeks after that phone call: I committed to a two-way agreement with my sister and brother-in-law. I agreed to the actions required to live clean and sober in their home, and they agreed to the actions that supported me through this initial phase of recovery. It was through committing to this agreement that I learned ordinary actions that start from duty can transform into efforts of joy.

*"Happiness is not something ready made. It comes from your own actions."
-Dalai Lama XIV*

What's an example of a two-way agreement you've committed to in the past? What was easy? What was hard?

What two-way agreement might you want to create and commit to right now and with whom? What do you have to gain by committing in this way?



Section 2: Joy in the Ordinary (continued)

What ordinary moments in your life (perhaps, your daily commute or cooking dinner for your family) do you find joy in? Why? How might you bring this feeling into other parts of your life?



Section 3: Trust

A year after moving in with my sister and living a clean and sober life, I landed the best job in the world. I learned if you do the little things great, great things happen. I built trust in myself and inspired the trust of others by making good, small decisions each day.

*Great things are not done by impulse, but by a series of small things brought together.”
-Vincent Van Gogh*

Write down the names of five people you trust.

Why do you trust those five people? What are some characteristics that they have in common?



Section 3: Trust (continued)

What's an example of when you knew you had earned someone's trust?
Was it a big moment or perhaps a combination of lots of small moments?

Who is one person you'd like to inspire trust in? What is one thing you will do,
each day, to earn their trust?

When have you built trust in yourself by doing the little things great?



Section 3: Trust (continued)

What good, small decisions did you make today?

Write down one small thing you will do great for 30 days, starting today.
What might you feel by doing this one thing each day?



Section 4: Creating Community

When I was 30 years old, although I had achieved more success than I ever imagined, I didn't belong anywhere. The fourth critical choice on my journey to success was to create community. I decided to join a running club and met five women who showed me that forging true friendships and creating community starts by letting others in. I learned that you get by giving, and over time, I was able to foster my place of safety, shared identity and belonging with this amazing group.

"Friendship is born at that moment when one person says to another, 'What! You Too? I thought I was the only one.'" -C.S. Lewis

What does it feel like to belong?

What does it feel like NOT to belong?



Section 4: Creating Community (continued)

Who do you know who might feel like they don't belong right now?

Reflect on a time that you got by giving. What did you give? What did you get?

What are your communities (i.e., work, school, church, neighbors)?
How do you nurture that community?



Section 4: Creating Community (continued)

Who are two people you can introduce to each other -- from your different communities --to help them expand their own communities?

What's one first step you can take to create or strengthen your community?



Section 5: Enduring Success

Finally, with the support of my family, extended family and community, I made my fifth choice : I choose each day to give all my love and to receive all the love others want to give. This final choice defines my enduring success.

“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.” - Maya Angelou

Word Association: Take a deep breath. Envision the word “love”. Say it out loud. Take five minutes and jot down any word that comes to mind when you hear the word “love”. What does “love” mean for you?

Describe a time when you chose to give all of your love, even when you were fearful of rejection, embarrassment, or even joy. How did it feel when you decided to give all your love? Describe that feeling in the section below.



Section 5: Enduring Success (continued)

Describe a time when you withheld some of your love. What if you hadn't withheld it?
How would the situation have changed? How would you have changed?

What gets in the way of receiving all the love others want to give?

Is there someone in your life who would like to give their love to you?
What if you chose to receive it?



Section 5: Enduring Success (continued)

Imagine, if you chose each day to give all your love and to receive all the love others want to give. How might your life and the lives of those around you be impacted by this choice?

Why might choosing to embrace your boundless capacity to love be such an important part of your own journey?





Thank you for allowing me to join you on part of your journey to your own enduring success. I hope that you come back to this guide as often as you need. Remember: of all the markers of success, choosing to give all the love you have and receive all the love that others want to give is what will make you the most successful person that you can be. Congratulations on embarking on your own journey to enduring success. Be patient. You're doing great.

With love,

A handwritten signature of 'Trish' in black ink, written in a cursive style.

Trish Kendall

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