

GET YOUR BUSINESS MIND WRITE!!!

The O.R.A Journal Writing Method

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DAILY JOURNAL PROMPT:

Set a timer, write for 5- 10 minutes

OBSERVATION: What are you **DOING** right now? Why?

REFLECTION: What are you **FEELING** right now? Name it, describe it. Why?

ACTION: What do you need to do more of, less of or stop doing? Why?

"The secret of change is to focus all your energy, not fighting the old, but on building the new."

- Socrates