

# DO YOU JOURNAL

Brianne Hogan



VOL. 1

I created the DO YOU podcast as an empowering space for those who want to DO life LESS conventionally, and a lot more authentically.

Whether you're a long-time or new listener of the podcast (or not!) this journal is for those who long to live their life as truthfully as possible. It's for all the late bloomers, wildflowers, and the outsiders who think they're running behind or who doubt their own path yet long to live a life aligned with their soul. I created this journal to help you gain clarity and get excited to live the life you desire.

With actionable journal prompts, inspiring quotes and affirmations inspired by our season one healers, artists, entrepreneurs, coaches, and experts, you'll begin your journey on what it means to live life less conventionally and more authentically. This journal will help you answer the questions that we all have:

How do we own and accept who we are right now? What does it mean and look like to break free from old paradigms to cultivate a more authentic self? How can we come to know and embrace who we truly are and create the life we want?

Along with goal setting, aligned action, self-care tips, and thoughtful reflections, you'll dig deep on what it means...to DO YOU!



Follow Brianne on Instagram [@briehogan](#) and the podcast [@doyoupod](#)

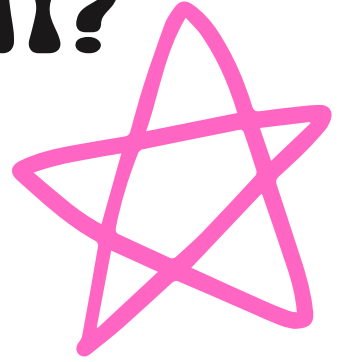
**“I think when we get too much in our heads about what makes sense we stop ourselves from doing the thing we want to do. And that doesn't serve us. That doesn't create things.”**

**BRIANNE HOGAN**

**WRITER**

**@doyoupod**

# WHAT DO YOU WANT?



**What does DO YOU mean to you?**

---

---

---

**If you could DO anything right now -- what would it be?**

---

---

---

**What DO YOU really, really want?**

---

---

---

**Does your life reflect what YOU want?**

---

---

---



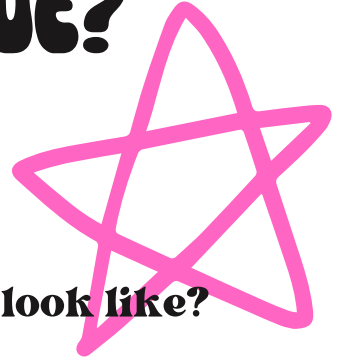
**“Think of your life  
as a piece of art.  
Ask yourself: what  
do I want my life to  
look like?  
What do I want to  
experience?”**

**KATRINA MCKAY**

**CEO/ENTREPRENEUR**

**@doyoupod**

# WHAT DO YOU VALUE?



**If your life was a piece of art, what does it look like?**

---

---

---

**How do you want to feel everyday?**

---

---

---

**What do you want to experience?**

---

---

---

**What do you value most in life?**

---

---

---



**“You need to  
commit to moving  
through the deeper  
layers of yourself  
so you can live the  
life you’re meant to  
live.”**

**ALYSE BACINE**

**BREATHWORK  
PRACTITIONER**

**@doyoupod**

# WHAT IS HOLDING YOU BACK?



**What is holding you back from living the life you want?**

---

---

---

**What are some limiting beliefs you have?**

---

---

---

**Where did these limiting beliefs come from?**

---

---

---

**What would you like to believe instead?**

---

---

---





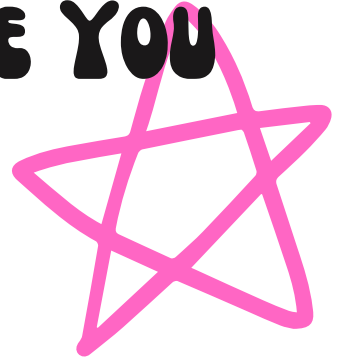
**“I realized that everything I did [as an adult] from journalism to the bands I played in to the acting I did to writing, was essentially a middle finger to the way I grew up.”**

**MIKE CHEN**

**SCIENCE FICTION  
AUTHOR**

**@doyoupod**

# WHAT DOES LITTLE YOU WANT?



**What did you love to do as a child?**

---

---

---

**Are you doing those things now? Why or why not?**

---

---

---

**What did you believe about the world as a child?**

---

---

---

**Do you still believe those things now?**

---

---

---



# WHAT DOES LITTLE YOU WANT?



**What were you told were your strengths as a child?**

---

---

---

**Do you still believe that now? Why or why not?**

---

---

---

**What were you told were your weaknesses?**

---

---

---

**Do you still believe those things now? Why or why not?**

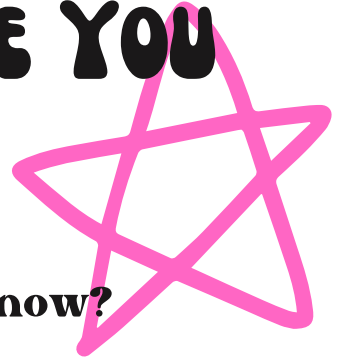
---

---

---



# WHAT DOES LITTLE YOU WANT?



**What does little you want you to do right now?**

---

---

---

**How can you do things that little you loved regularly?**

---

---

---

**What does little you need to hear from you now?**

---

---

---

**What does little you need to say to you now?**

---

---

---



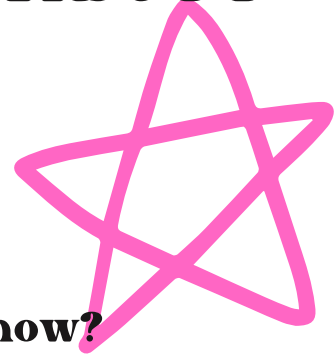
**“Put your real self out there. Your real self sells. There’s always going to be someone who loves you and loves what you do.”**

**KERRY LAIFATT**

**SOCIAL MEDIA  
INFLUENCER**

**@doyoupod**

# WHAT DO YOU LOVE ABOUT YOU?



**What do you love about your life right now?**

---

---

---

**What do you love about yourself?**

---

---

---

**What are you really, really good at?**

---

---

---

**What are you most proud of?**

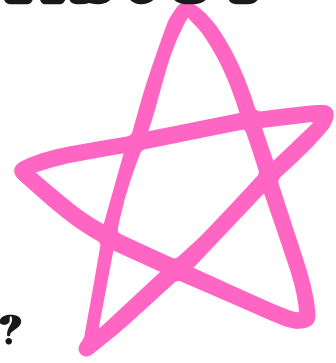
---

---

---



# WHAT DO YOU LOVE ABOUT YOU?



**What makes you feel really, really good?**

---

---

---

**What do you enjoy with your whole heart?**

---

---

---

**What are some of your favorite memories?**

---

---

---

**What makes you, YOU?**

---

---

---



**“Failure is  
guaranteed if  
you don’t try.”**

**JANDRA SUTTON**

**WRITER  
ENTREPRENEUR**

**@doyoupod**



# WHAT DO YOU WANT TO CREATE?



**What are some things you really, really want to create?**

---

---

---

**What is stopping you from creating it?**

---

---

---

**What are some things you can do to help support your  
creativity?**

---

---

---

**If failure was no option, what would you do right now?**

**And how would you do it?**

---

---

---



# WHAT DO YOU WANT TO CREATE?



**Who are some mentors who could help you remain on track?**

---

---

---

**Are there any classes/resources you can learn from to help you put your creation out there?**

---

---

---

**What inspires you?**

---

---

---

**How can that inspiration keep you motivated?**

---

---

---

---



**“I’ve made it my mission. I am here to be the light. I am here to express myself. I’m here to be the light for others too.”**

**OLIVIA DEGENNARO**

**THE SPIRITUAL  
JOURNALIST**

**@doyoupod**

# WHAT IS YOUR MISSION?



**What are your unique gifts?**

---

---

---

**How can your unique gifts help the world?**

---

---

---

**How can you serve your local community?**

---

---

---

**What is your relationship like with spirituality?**

---

---

---



# WHAT IS YOUR MISSION?



**Do you have a spiritual practice?**

---

---

---

**Do you listen to your intuition regularly?**

---

---

---

**What interests you the most about spirituality?**

---

---

---

**What do you believe you were born to do?**

---

---

---



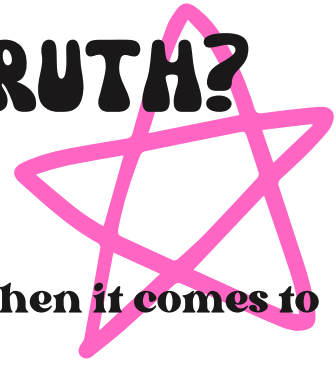
**“People lie to themselves all the time about what they want. The sooner you can be honest with what you want and go for it, the happier you’ll be.”**

**JOSH SALTZMAN**

**TV WRITER**

**@doyoupod**

# WHAT IS YOUR TRUTH?



**What are you lying to yourself about when it comes to your life?**

---

---

---

**What is stopping you from being truthful?**

---

---

---

**What is your truth in this lifetime?**

---

---

---

**What can you do right now to live a more truthful life?**

---

---

---



**“You don’t get to  
decide the way.  
The Universe  
decides the way.  
You just have to  
keep showing up.**

**KELLY WARNE**

**ACTRESS/LIFE COACH**

**@doyoupod**



# HOW CAN YOU LET GO?



**What does surrender feel like to you?**

---

---

---

**What's your worst case scenario if what you want, doesn't happen?**

---

---

---

**How can you make that a positive thing?**

---

---

---

**What if everything is working out exactly to plan? How does it feel to trust that?**

---

---

---



# HOW CAN YOU LET GO?



**How can you love yourself more during the "in between" moments?**

---

---

---

**What is your relationship like to trust?**

---

---

---

**What are some examples when trusting yourself worked out?**

---

---

---

**Where in your life can you let go of control and just be?**

---

---

---

---



**“When you’re leading with your gut, it’s important not to overthink what you’re doing. It goes against conventional thinking but sometimes it’s best to jump in blind.”**

**MADELEINE  
STALLARD**

**REIKI MASTER  
ENERGY COACH**

**@doyoupod**

# WHAT CAN YOU DO RIGHT NOW?



**If you could do anything to live the life of your dreams, what would you do?**

---

---

---

**What makes the least sense to do to make that happen?**

---

---

---

**Take a minute. What is your gut telling you to do?**

---

---

---

**What are some inspired actions you can take to do that?**

---

---

---

---



# WHAT CAN YOU DO RIGHT NOW?



**What are some things you can do to help take care of yourself everyday?**

---

---

---

**What can you learn from yesterday to help make today better?**

---

---

---

**What can you do to make your day a "10/10" even on the bad days?**

---

---

---

**How can you DO YOU everyday? What are some examples?**

---

---

---

---



**“You don’t want to be old and have the regret of not trying it. You don’t want to look back and think, I wish I had done that.”**

**TYLER HAM PONG**

**ACTOR/WRITER  
PRODUCER**

**@doyoupod**

**WHAT IS YOUR VISION FOR YOU TODAY?**

---

---

---

---

---

---

---

---

---

---



**TOP 3 THINGS YOU CAN DO TODAY**

---

---

---

**HOW DO YOU WANT TO FEEL TODAY?**

---

---

---

---

**WHAT ARE YOU GRATEFUL FOR TODAY?**

---

---

---

**WHAT INSPIRED YOU THE MOST TODAY?**

---

**3 THINGS YOU CAN DO FOR YOU TOMORROW**

---

---

---