



Campfire Coaching Journal

Three grounded reflections for clarity, boundaries, and self-trust

doIToutside

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How to Use This Journal

This isn't a productivity exercise.

It's not about fixing yourself or becoming "better."

It's about slowing down just enough to tell yourself the truth.

I wrote this the way I coach—direct, grounded, and without pretending that clarity magically appears when life gets loud. It doesn't. You have to create space for it.

Here's how to use this journal:

- Sit somewhere quiet. Outside is better if you can swing it.
- Write what's **true**, not what sounds impressive.
- If you catch yourself explaining or justifying, pause. That's usually the good stuff.
- You don't need to finish this all at once.

No gold stars. No perfect answers. Just honesty.

Campfire One: Clarity

What's actually going on right now?

If you say "I'm fine"—

FINE as in *Freaked out, Insecure, Neurotic, and Emotional* (thank you, *The Italian Job*)—are you though?

Or are you trying to trick your brain into ignoring the things that are actually freaking you out?



Write here:

Campfire Two: Boundaries

The hardest part of alignment.

Now that you have clarity, we have to visit the part most people avoid—**boundaries.**

Not the cute, Pinterest-quote kind.

The kind that cause backlash.

The kind that create awkwardness, resistance, and sometimes outright ridiculousness at work and at home.

These are the boundaries that make you feel like you're being “too much,” “selfish,” or “suddenly different”—even when you're just being honest.

But here's the part no one talks about:

These boundaries are the reason you ever get to say *yes* to the things that actually matter.

Your hiking trip.

Time outside.

Learning a new skill.

Rest.

Focus.

Growth.



Campfire Three: Self-Trust

The moment of “enough.”

By now, you probably feel it—that creeping sense of *enough*.

Enough circling.

Enough overthinking.

Enough tolerating what drains you.

And right on cue, your brain will step in like a **lying little asshole** and try to keep you comfortable.

It will scream:

- “This is risky.”
- “What if you’re wrong?”
- “Just wait a little longer.”

That’s not intuition.

That’s your nervous system clinging to familiarity.

This is the moment where self-trust isn’t a feeling—it’s a decision.

Where you stop negotiating with fear and start backing yourself.

Let’s be brutally honest here.

Reflect

- What do I already know needs to change—but keep postponing?



If this journal stirred something, that's not an accident.

Insight is the beginning—but it's not the finish line.

Clarity without action just becomes another thing you “know” but don't use.

If you're noticing that:

- you keep looping the same decisions
- you know what you *should* do but don't follow through
- you want support that's structured, honest, and grounded

That's where coaching comes in.

BOSSQUAKE is a 12-week private coaching container where we turn this kind of clarity into real decisions, boundaries, and follow-through—without burning you out or turning your life into a self-improvement project.

You don't need more motivation.

You need structure, honesty, and someone who won't let you bullshit yourself.

👉 **Explore the BOSSQUAKE 12-Week Program**

<https://doitoutsidebook.com/bossquake/>