

## WELCOME TO YOUR ONLINE JOURNAL!

[My Journal](#)[My Journal Entries](#)[My Progress Questions](#)

- answer questions

▶ [manage questions](#)[My Progress Graph](#)[My Account](#)**"Sunflower7"**

Good Morning Sydney.  
Change your life  
through words.

**Total Members:**

1,672

**Total Members Online:**

368

**Total Journal Entries:**

5,782

### My Progress Questions - Manage Questions - Select Categories

Welcome to your Progress Questions. Select your categories and manage your questions that you are tracking alongside your own Progress Graph<sup>SM</sup>. Journal Inspired and Diagnosis Inspired categories are each composed of 7 preset questions to guide your desired progress. You can also create your own and add up to 7 Self Inspired categories with customized questions by clicking on "Create A Category". Remember to check the boxes for all categories you plan to track and visualize on your personal Progress Graph<sup>SM</sup>.

#### Select Your Categories:

[Save Your Categories](#)

#### JOURNAL INSPIRED

- Gratitude**  
[View Questions](#)
- Insecurity**  
[View Questions](#)
- Grief**  
[View Questions](#)
- Joy**  
[View Questions](#)
- Family Time**  
[View Questions](#)
- Forgiveness**  
[View Questions](#)
- Anger**  
[View Questions](#)

[Save Your Categories](#)

#### DIAGNOSIS INSPIRED

- Depression**  
[View Questions](#)
- Anxiety**  
[View Questions](#)
- Substance Abuse**  
[View Questions](#)
- Attention Deficit Disorder**  
[View Questions](#)
- Panic Disorder**  
[View Questions](#)
- Mania**  
[View Questions](#)
- Obsessive-Compulsive Disorder**  
[View Questions](#)

#### SELF INSPIRED

- Creativity** [\[edit\]](#)
- Dating** [\[edit\]](#)

[Create A New Category](#)