today

date _____

mood

☐ ☐ ☐ ☐ ☐

low high

three things i am grateful for

1 . . . . . .

2 . . . . . .

3 . . . . . .

writing prompt

date _____

What would you do with a completely free day, and why that?

writing prompt

date _____

Describe a place where you feel most like yourself.

writing prompt

date _____

What is something you believed a year ago that you no longer believe?

writing prompt

date _____

Write about a small thing that went right this week.

writing prompt

date _____

Who has shaped how you think, and what did they say or do?

writing prompt

date _____

What are you avoiding, and what would happen if you stopped avoiding it?

writing prompt

date _____

Describe your morning to someone who has never met you.

writing prompt

date _____

What do you want more of, and what would you give up to get it?

writing prompt

date _____

Write about a time you changed your mind.

writing prompt

date _____

What would you tell yourself at the start of this year?

writing prompt

date _____

List the things that made you laugh lately. Pick one and tell the story.

writing prompt

date _____

What does a good ending to this year look like?

one line a day

month _____

1
2
3
4
5
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28
29
30
31

monthly review

month _____

what went well

what did not

carry forward

one word for this month

books

from _____

	title	author	finished	loved it
1				☐
2				☐
3				☐
4				☐
5				☐
6				☐
7				☐
8				☐
9				☐
10				☐
11				☐
12				☐
13				☐
14				☐
15				☐
16				☐
17				☐
18				☐
19				☐
20				☐
21				☐
22				☐
23				☐
24				☐
25				☐
26				☐
27				☐
28				☐
29				☐
30				☐

places

from _____

place	when	with	what i want to remember

things people said

from _____

what they said	who	when

dear future me

open on _____

written on

where i am right now

a memory

date _____

where

who was there

what happened

why i want to keep it