# today

date _____

**mood**

☐ ☐ ☐ ☐ ☐

low high

**three things i am grateful for**

1 . . . . . .

2 . . . . . .

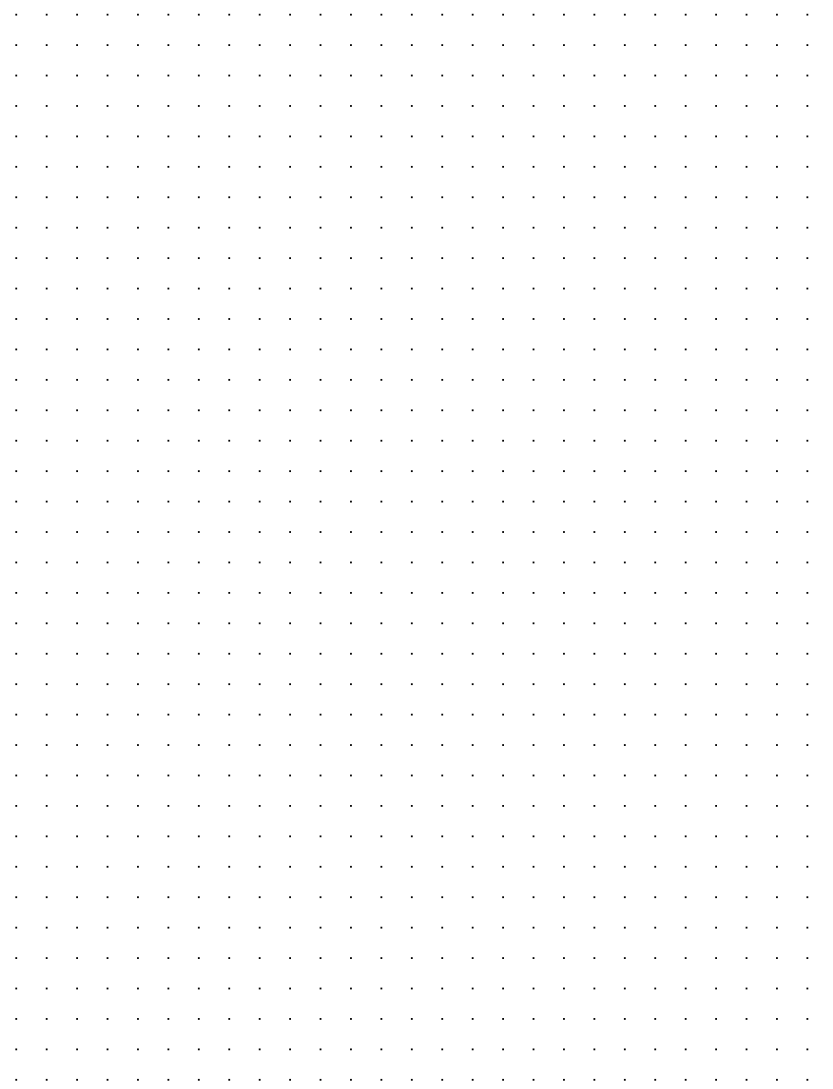
3 . . . . . .

# 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 . . . . . 17 . . . . .

2 . . . . . 18 . . . . .

3 . . . . . 19 . . . . .

4 . . . . . 20 . . . . .

5 . . . . . 21 . . . . .

6 . . . . . 22 . . . . .

7 . . . . . 23 . . . . .

8 . . . . . 24 . . . . .

9 . . . . . 25 . . . . .

10 . . . . . 26 . . . . .

11 . . . . . 27 . . . . .

12 . . . . . 28 . . . . .

13 . . . . . 29 . . . . .

14 . . . . . 30 . . . . .

15 . . . . . 31 . . . . .

16 . . . . .

# 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 | | | | ☐ |

# places

from _____

| place | when | with | what i want to remember |
|---|---|---|---|
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# things people said

from _____

| what they said | who | when |
| --- | --- | --- |
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# dear future me

open on _____

written on

where i am right now

# a memory

**date** _____

**where**

**who was there**

**what happened**

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**why i want to keep it**