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
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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				○

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