

Today

DATE _____

MOOD

○ ○ ○ ○ ○
low high

THREE THINGS I AM GRATEFUL FOR

Writing prompt

DATE _____

1 OF 12

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

Writing prompt

DATE _____

2 OF 12

Describe a place where you feel most like yourself.

Writing prompt

DATE _____

3 OF 12

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

Writing prompt

DATE _____

4 OF 12

Write about a small thing that went right this week.

Writing prompt

DATE _____

5 OF 12

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

Writing prompt

DATE _____

6 OF 12

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

Writing prompt

DATE _____

7 OF 12

Describe your morning to someone who has never met you.

Writing prompt

DATE _____

8 OF 12

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

Writing prompt

DATE _____

9 OF 12

Write about a time you changed your mind.

Writing prompt

DATE _____

10 OF 12

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

Writing prompt

DATE _____

11 OF 12

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

Writing prompt

DATE _____

12 OF 12

What does a good ending to this year look like?

One line a day

MONTH _____

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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				☐
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22				☐
23				☐
24				☐
25				☐
26				☐
27				☐

Places

FROM _____

[illegible]

Things people said

FROM _____

[illegible]

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