DATE

Today

MOOD

☐ ☐ ☐ ☐ ☐

low high

THREE THINGS I AM GRATEFUL FOR

1

2

3

DATE

Writing prompt

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

DATE

Writing prompt

Describe a place where you feel most like yourself.

DATE

Writing prompt

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

DATE

Writing prompt

Write about a small thing that went right this week.

DATE

Writing prompt

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

DATE

Writing prompt

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

DATE

Writing prompt

Describe your morning to someone who has never met you.

DATE

Writing prompt

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

DATE

Writing prompt

Write about a time you changed your mind.

DATE

Writing prompt

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

DATE

Writing prompt

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

DATE

Writing prompt

What does a good ending to this year look like?

MONTH

One line a day

1
2
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31

MONTH

Monthly review

WHAT WENT WELL

WHAT DID NOT

CARRY FORWARD

ONE WORD FOR THIS MONTH

FROM

Books

	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				☐

FROM

Places

PLACE	WHEN	WITH	WHAT I WANT TO REMEMBER

FROM

Things people said _____

WHAT THEY SAID	WHO	WHEN

OPEN ON

Dear future me

WRITTEN ON

WHERE I AM RIGHT NOW

DATE

A memory

WHERE

WHO WAS THERE

WHAT HAPPENED

WHY I WANT TO KEEP IT