

THE JOURNAL PAGES

# MY JOURNAL

For the things worth keeping.

BELONGS TO

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DAILY / WEEKLY / GRATITUDE / FREE WRITING

# Daily reflection

A quiet page to make room for your own words.

**DATE**

**What feels important today?**

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**What happened? What surprised me?**

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**What would I like to remember?**

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# Weekly reflection

A quiet page to make room for your own words.

**DATE**

**This week in a few words**

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**A good moment and a hard moment**

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**What I learned / what I want next week**

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# Gratitude journal

A quiet page to make room for your own words.

**DATE**

## 1. Something I appreciate

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## 2. Something I appreciate

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## 3. Something I appreciate

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## A person I want to thank

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## Free writing

A quiet page to make room for your own words.

DATE \_\_\_\_\_

Start anywhere. There is no right way to fill this page.

## Free writing

A quiet page to make room for your own words.

DATE \_\_\_\_\_

Start anywhere. There is no right way to fill this page.