

THE JOURNAL PAGES

MY JOURNAL

Begin again, one page at a time.

BELONGS TO

DAILY / WEEKLY / GRATITUDE / FREE WRITING

Daily reflection

A quiet page to make room for your own words.

DATE _____

What feels important today?

What happened? What surprised me?

What would I like to remember?

Weekly reflection

A quiet page to make room for your own words.

DATE _____

This week in a few words

A good moment and a hard moment

What I learned / what I want next week

Gratitude journal

A quiet page to make room for your own words.

DATE _____

1. Something I appreciate

2. Something I appreciate

3. Something I appreciate

A person I want to thank

A quiet page to make room for your own words.

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.