

Me



Taking the time every day to write down your thoughts and feelings is a great way to check in with yourself and track your progress over time.

Good morning!



Today, I am grateful for...

- 1
- 2
- 3

I will invest my time and energy into...

- 1
- 2

Write your daily affirmation.

I am...
.....
.....
.....

Write your answers to the prompts below, then use it as a template to create your own personalised daily journal.

Goodnight!



Today, these amazing things happened...

- 1
- 2
- 3

What could I have done to make today even better?

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.....
.....

What will I improve tomorrow?

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.....

At the end of the week, take a moment to sit and reflect. Answer the questions and then use this as a template to track your weeks over time.

What are my current priorities, and did I fulfil them this week?

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This week, I spent too much time...

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This week, I didn't spend enough time...

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What surprised me this week?

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This week, I am grateful for...

- 1
- 2
- 3

Use this space to write any thoughts or feelings that came up throughout the course of the week.

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Use this space to celebrate any successes this week.

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Set your ambitions for the month ahead and, once the month is complete, reflect on the highs and lows.

Date: _____ 20_____

My goals for the month ahead

- 1
- 2
- 3

I will invest my time and energy into...

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This month I will make time for...

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Use this as a template to track how you feel from month to month and appreciate what you have achieved.

Date: _____ 20_____

How did I meet my goals this month?

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What went well this month?

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What can I improve for next month?

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This month I am grateful for...

- 1
- 2
- 3

On a scale of 0-10, rate yourself in each of the following categories:

Gratitude

Happiness

Friendships

11

Physical health

Work or education

11

Fun

Creativity

Finances

Mindfulness

Mental health

Free time

Exercise and movement

Use this space to write down your overall thoughts and feelings for the month.

[illegible]