

Document  
your days

Love

Add fun  
doodles and express  
your creativity

30 days

just a few  
minutes  
a day

BULLET

Find  
gratitude  
in each  
day



JOURNAL

prompts

Reduce  
stress

Take the  
challenge

Get writing



Goals  
for the  
Year!

**10**  
*facts about*  
**ME!**

Best  
Movies  
I've  
Seen

My  
FAVORITE  
Songs

Places  
to  
GO

My  
DREAM  
Vacation

*Favorite  
childhood*  
**MEMORY**



Best  
part about  
**TODAY**

My  
FAVORITE  
foods

I  
want to  
**LEARN**

These colors  
make me  
**HAPPY**

I  
STARTED  
today by

PLACES  
I WANT TO  
*go*

**BUCKET  
LIST**  
*vacations*

FAVORITE  
*comfort*  
FOODS



why!

LOVE

MY  
strengths

Today was  
**GOOD**  
because

PEOPLE I  
*helped*  
TODAY

I'm glad  
YOU'RE in  
my LIFE

# FAVORITE desserts

THINGS  
I want to  
IMPROVE

good  
FOR MY  
soul



**THIS**  
*made me*  
**SMILE**

*currently*

Things  
I'VE  
learned

WORDS  
*that*  
TOUCH  
*my*  
SOUL

best part  
OF THE  
week

I'M  
loving  
IT

best  
THING THIS  
month