

MAKING IT WORTH YOUR TIME



Date: _____ Time: ____:____ AM / PM

Before you dive into *Day by Day*, take a few minutes to consider why you've decided to use this journal and what you want to get out of it.

Now write a letter to yourself, setting your intention. What do you hope time spent journaling—and switching off the noise around you—will bring to your life? What’s happening in your life now? How are you really feeling about it all? What do you think more time to focus on yourself would mean for your well-being?

At the end of this journal, you'll find a follow-up to this entry so you can compare how you're feeling now with how you're feeling then. It'll be exciting to see if anything is different.

[illegible]

ABOUT ME



Date: _____ Time: ____ : ____ AM / PM

Create a snapshot of yourself and your life today with words. It's fun to think about how who-ever reads this down the road (whether it's your future self, your future children, or someone one hundred years from now) will get a clear picture of who and where you were in life at the moment you wrote it.

My name: _____

People call me: _____

My birthday: _____

My age: _____

Where I live: _____

Who I live with: _____

Pets: _____

My occupation: _____

Where I am right now: _____

Where I'd be if I could: _____

My best friend: _____

Something I love about myself: _____

Something/someone that inspires me: _____

My hidden talent is: _____

A habit I want to create: _____

A habit I want to kick: _____

My happy place is: _____

I feel most at peace when: _____

I laugh the hardest with: _____

NOTICING WHAT'S AROUND YOU

Our world is full of beauty and variety. With this journal and some colored pencils in hand, step outside, sit next to a window, or even claim a comfy spot on the sofa and take in all of your surroundings.

From what you can see from where you're sitting, draw something...

<p>THAT MAKES YOU HAPPY</p> <p>why did you choose this?</p>	<p>THAT IS COLORFUL</p> <p>why did you choose this?</p>
<p>THAT REMINDS YOU OF HOME</p> <p>why did you choose this?</p>	<p>THAT YOU LOVE</p> <p>why did you choose this?</p>

SELF CHECK-IN: MIND



Our minds are the hub for our overall well-being. Take a few minutes for a little mental check-in.

Date: _____

Right now my mind feels (circle): clear / fuzzy / tired / buzzing / calm / overwhelmed

What I'm most looking forward to today: _____

What I'm most worried about right now: _____

Biggest items on my to-do list today:

- ☐ _____
- ☐ _____
- ☐ _____

What I need to let go of/release control of: _____

One thing I can do to nourish my mind today: _____

One thing I can do to rest today: _____

Other things on my mind: _____
