

journaling tracker

daily

[WEEK 1]

	M	TU	W	TH	F	SA	SU
MORNING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

[WEEK 2]

	M	TU	W	TH	F	SA	SU
MORNING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

[WEEK 3]

	M	TU	W	TH	F	SA	SU
MORNING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

[WEEK 4]

	M	TU	W	TH	F	SA	SU
MORNING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

[WEEK 5]

	M	TU	W	TH	F	SA	SU
MORNING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING JOURNALING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

weekly

[SELF-REFLECTION]

	<input checked="" type="checkbox"/>
WEEK 1	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>
WEEK 5	<input type="checkbox"/>

[AM PROMPTS]

1. WHAT ARE 3 THINGS THAT I'M GRATEFUL FOR? WHY?

2. HOW DO I WANT TO FEEL TODAY?

3. DESCRIBE YOUR DREAM LIFE.

[PM PROMPTS]

1. WHAT ARE SOME JOYFUL MOMENTS I EXPERIENCED TODAY?

2. WHAT DID I LEARN TODAY?