

My Daily Journal



Morning Thoughts

Date

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Gratitude journal Ideas

Date _____

What to write in your Gratitude Journal:

- Write down 3 things you're grateful for every morning
- Write a letter to someone you appreciate (even if you don't send it)
- Write down the best part of your day and why it made you smile

Gratitude journal

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Mindfulness Prompts

Date _____

8 Journaling prompts for mindfulness:

1. What am I feeling right now, and where do I feel it in my body?
2. What do I need more of in my life?
3. A moment I felt peace today was...
4. What thoughts are running through my mind right now without judgment?
5. What is something simple I saw, heard, or felt today that brought me into the present moment?
6. Where in my life do I need to slow down, and why?
7. What does being fully present feel like to me?
8. What am I avoiding, and how can I face it with compassion?



Dream Journaling

Date _____

1. Keep your journal by your bed and write as soon as you wake up
2. Record your dreams in as much detail as you remember
3. Reflect on what symbols or emotions showed up



Traveling journal Ideas

Date _____

1. Paste ticket stubs, receipts, or travel brochures
2. Sketch scenes from your trip
3. Write about a favorite meal or meaningful moment
4. Add pictures/polaroids to your journal pages to remember the people you met on your travels





Want more Resources?

I have a Full Self Care Library with Free
Printables, Worksheets, Positive
Affirmations, Gratitude Prompts and
more! Click below to sign up



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