

JV Journal Template

Morning after Waking Up

I am grateful for

- 1.
- 2.
- 3.

Daily Affirmations or things I need to remind myself of. I am or I love that I am:

- 1.
- 2.
- 3.

Night Time before Bed

3 Amazing things that happened today:

- 1.
- 2.
- 3.

How could I have made today better?

- 1.
- 2.
- 3.

What did I learn today?

- 1.
- 2.
- 3.

What would make tomorrow a great day?

- 1.
- 2.
- 3.

For gratitude examples:

- Think in terms of past and present relationships with people and how they make you feel
- Something experienced or witnessed yesterday
- A simple opportunity you have today- call a parent or go to work
- Something/ a goal near or within sight
- Gratitude does not have to be all career-focused. some concrete simple examples are useful as well

Additional prompts for throughout the day:

- **How am I feeling?**
- **What is on my mind?**
- What happened on this day that happened no previous day?
- What am I excited about?
- What do I dream about?
- **What wins have happened?**
- What am I worried about?
- What important truth do very few people agree with me on?
- What act of kindness did I do today?
- Is there anything I'm forgetting?
- What would I like to write about?
- What did I savor today?
- **What's bothering me?**
- What do I need to prioritize?
- How is my energy level / mood?