

September Morning Journaling Ideas



S	M	T	W	T	F	S
31	1	2	3	4	5	6
	Your top goal for this month and why.	One thing to achieve this week.	List of things that could motivate you this month.	One fun thing to do over lunch break today.	Something great you hope to happen today.	One self-care activity to do for yourself today.
7	8	9	10	11	12	13
One memorable activity to do today.	One thing to do to work on your top goal this week.	One person to reconnect with today.	A nice thing to do for someone today.	Something to do today to build your confidence.	One reason life is good right now.	Write down ten fun things you want to do this fall.
14	15	16	17	18	19	20
Write a list of ten people you want to reach out to this season.	One thing to do to work on your top goal.	One obstacle you're expecting and how to overcome it.	Three things you appreciate about your home.	Describe what you want today to look like.	One thing you love about your job/daily activities.	One simple bucket list item you could check off today.
21	22	23	24	25	26	27
One thing you're looking forward to.	One thing to do to work on your top goal this week.	Ways to stay positive this week.	Describe a happy memory from this week.	Three things you can do to make today better.	Something fun you can do after work/in the evening.	Something kind you can do for your family/close friends this weekend.
28	29	30	1	2	3	4
Something kind you can do for yourself.	Small achievements from this month.	How working on your top goal this month went.				

