

Journaling Planner Day 16

MORNING		What you've enjoyed about the month so far.	
ONE WORD		Brighten.	POSITIVE THOUGHT
			When I look back at the year, I'm proud of...
'WHAT I DID' THIS YEAR		Identify five of your favorite photos from the year on your phone.	
2025 GRATITUDE		A vivid memory from fall.	
SET INTENTIONS		Things that make you feel confident.	
SELF-CARE		What you can do at home to allow you to pause and reset for one minute.	
EVENING		Someone you helped this past week.	
DOODLE	Candles.	WATER-COLOR	Streetlamp in the dark.