

Journaling Planner Day 31

MORNING		One positive change to your morning routine starting tomorrow.	
ONE WORD		Hopeful.	POSITIVE THOUGHT Something I love about myself that I'll never change is...
'WHAT I DID' THIS YEAR		Ways you were your best self this year.	
2025 GRATITUDE		What you're proud of from this year.	
SET INTENTIONS		7-day or 30-day challenges you could do in January.	
SELF-CARE		Things you're proud of yourself for this year.	
EVENING		Describe in detail a particular day from the past year and ask why you chose that day.	
DOODLE	Fireworks.	WATER-COLOR	Evergreen tree.