

Evening Journaling

for January

S	M	T	W	T	F	S
28  Ordinary & Happy	29	30	31	1 A simple yet defining moment from last year that will help shape this year.	2 What you've enjoyed about the holidays.	3 Simple, grounding routines that don't need to change.
4 Positive changes from new goals or routines you've started.	5 What feels good about restarting your normal routine.	6 Something you handled better than expected today.	7 How today was purposeful for you, no matter what that purpose.	8 People you reconnected with over the holidays you'd like to see more of.	9 Positive ways you feel different so far this year.	10 Positive ways you feel the same so far this year.
11 New goals or routines you've stayed consistent with.	12 If not, simple ways to get new goals or routines back on track.	13 Progress you're overlooking on a daily basis.	14 What makes you feel warm inside.	15 Simple ways you've made January purposeful so far.	16 Routines and general things that are working well in January.	17 What makes you feel safe, cozy, or content when you look out of the window.
18 Any additional progress made on January goals or routines.	19 What makes you smile when you look in the mirror.	20 What about your home makes you feel warm and safe.	21 Simple changes you could make to your home for more warmth and color.	22 What an at-home winter get-together with loved ones could look like.	23 What from the week deserves appreciation.	24 What about February are you looking forward to.
25 Progress, no matter how much, on January goals and routines.	26 If needed, ways to restart those goals and routines this week.	27 What has motivated you to show up and keep going this month.	28 Who you could message, right now, that can make you feel great.	29 Old or new routines you've stayed consistent with this month.	30 What you feel has been a success in January.	31 What goals or routines you want to continue into February.