

January

Morning Journaling

S	M	T	W	T	F	S
28  Ordinary & Happy	29	30	31	1 One thing you can do differently this morning.	2 What you don't need to change in your life.	3 People who can support and hold you accountable this month.
4 Something you usually overlook you'll look for today on your commute or during errands.	5 Progress you've already made in January, no matter how small.	6 One way you can support a loved one today.	7 Something that's beautiful outside of your window right now.	8 One way last year doesn't define the person you are now.	9 One thing you can do today to make tomorrow easier.	10 Something around you right now that inspires you.
11 One thing you can change about a goal/habit to make it more realistic.	12 Something you could do with friends this weekend.	13 People you didn't see over the holidays you could check in with.	14 What motivates you on a rainy morning.	15 An ordinary daily routine that's more meaningful than you realize.	16 Goals or habits you've made progress on up to this point of the month.	17 Goals or habits you can still revisit if you haven't made progress.
18 What you can do to take a 5-minute break from everything.	19 Simple home decor changes that can energize you.	20 Songs that make you want to get up and dance.	21 Ways you've been resilient this month.	22 What around you, right now, brings you joy.	23 At-home activities you can do with family.	24 Routines or habits, old or new, you've stayed consistent with in January.
25 One way you've surprised yourself this month.	26 One thing you didn't want to do but found the courage to do it.	27 One way you've set a good example for your loved ones this month.	28 What has been a 'success' in January so far.	29 Ways you feel different from the December version of yourself.	30 Ways you feel the same as the December version of yourself.	31 Habits and routines to continue into February.