

'Positive Thoughts' Journaling

for January



| S | M | T | W | T | F | S |
|---|---|---|--|--|--|--|
| 28  Ordinary & Happy | 29 | 30 | 31 | 1 This year will be wonderful because... | 2 A goal I can make progress on is... | 3 Every day, I'm grateful for the opportunity to... |
| 4 Beautiful things about winter include... | 5 When I look in the mirror, I appreciate... | 6 My home is cozy because of... | 7 My fondest memory of the holidays is... | 8 Today's efforts matter because... | 9 Even though it's winter, I can go to... | 10 One thing I need to be patient with is... |
| 11 Progress I've made on my goals, no matter how small, includes... | 12 Things that make me feel warm include... | 13 When I leave the house, I'm grateful for... | 14 Routines that ground me include... | 15 On a cold evening, I'll make... | 16 This evening, the family and I can talk about... | 17 The holidays were special because... |
| 18 So far this year, I've made progress on... | 19 I'm motivated when I think of... | 20 My local community is great because... | 21 I can get quiet and clarity when I go to... | 22 My favorite memory of last year is... | 23 Right now, I appreciate... | 24 When I look out of the window, I'm grateful because... |
| 25 Something I've done well this month is... | 26 My living room is joyful because... | 27 I get encouragement from... | 28 Right now, something that brings me calm is... | 29 My favorite gifts from the holidays are... | 30 This month, I've made progress on... | 31 A big goal I have for the year is... |