

One Month of Journaling for Self-Discipline in January

S	M	T	W	T	F	S	
28 	29	30	31	Y O U H O U R Y	1 One key reason why you want to build self-discipline.	2 Specific tasks or routines you want to build self-discipline for.	3 If you were consistent, what could change in 6 months.
4 Day to reflect.	5 When you're most and least tired in a typical day.	6 What distracts you in a typical day.	7 Which tasks or routines you're avoiding.	8 What you find to be an obstacle in completing those tasks/routines.	9 What you do when you procrastinate.	10 Unrealistic expectations you're putting on yourself.	
11 Day to reflect.	12 What you could do for 5 minutes if you started right now.	13 What 7 days of 5-30 minute progress could look like.	14 Times of the day you could make progress.	15 Ways you can track your progress.	16 Ways you can record or acknowledge small wins.	17 Ways you can motivate yourself when you don't want to start.	
18 Day to reflect.	19 Motivating things to tell yourself.	20 What 'done' rather than 'perfect' would look like for a task or routine.	21 Daily routines you already have that you may not realize.	22 Changes you can make to unrealistic expectations.	23 Ways to get back on track on days you're less motivated.	24 Reframe negative self-talk to positive messages.	
25 Day to reflect.	26 Ways to track daily, weekly, and monthly progress.	27 How your actions today align with the person you want to be.	28 Any goals, habits, or routines that now feel routine, rather than an end goal.	29 How you'll feel at the end of the year if you keep these routines.	30 Goals or routines that can be paired together to make things easier.	31 How you feel when you stick to your goals.	