

# Evening Journaling for April

S	M	T	W	T	F	S
29  Ordinary & Happy	30	31	1 Best part of your day today.	2 Lessons learned today.	3 Things that went well today.	4 Things you want to do better tomorrow.
5 Something that made you smile today or this week.	6 Things you are grateful for today.	7 One thing you can do for yourself tomorrow.	8 Something you're looking forward to.	9 People you want to reconnect with this week.	10 Acts of kindness you did or want to do this week.	11 Things that are holding you back.
12 Something you achieved today or this week.	13 Things that motivate you.	14 Most vivid memory from today or last week.	15 Things to celebrate.	16 Good things you want to happen.	17 Hobbies you enjoy or want to try.	18 Ways to become more confident.
19 Ways to help those around you.	20 Unexpected turns to the day/week.	21 What the perfect weekend looks like.	22 Ways you have made a difference today.	23 What the perfect day looks like.	24 Ways to be yourself.	25 Where you see yourself at the end of the year.
26 Seasonal things you want to enjoy.	27 Skills you want to learn or improve.	28 New things you've learned today or last week.	29 Your spring and summer bucket lists.	30 The ultimate life bucket list.	1	2