

Evening Journaling

for August



	S	M	T	W	T	F	S
2 LAST 5	30 The best moment of the day.	31 Top three things to look forward to next month.	28 	29 	30 	31 START	1 Something you were grateful for today.
	2 Three things that made you smile today.	3 A moment of beauty you noticed today.	4 Something that surprised you in a pleasant way.	5 Something positive that happened today.	6 An act of kindness you saw or did today.	7 Your favorite memory from today.	8 Something that gave you energy and joy today.
	9 Something you learned about yourself today.	10 Thoughts you had today and whether they can be more positive.	11 A small win you experienced today.	12 Something that made today feel different and why.	13 Something that inspired you today.	14 Lessons learned today.	15 A moment you wish went differently and why.
	16 Write down ten kind and positive things for yourself tonight.	17 One thing to let go of today to feel more at peace.	18 Something you want to do better tomorrow.	19 One thing you want to focus on tomorrow.	20 A kind thing to do for yourself tomorrow.	21 A kind thing to do for someone else tomorrow.	22 Top three goals for tomorrow and how to accomplish them.
	23 Three people you want to reach out to tomorrow and why.	24 What you need to do to make tomorrow better than today.	25 One thing to do for your happiness tomorrow.	26 One way to make tomorrow easier for you.	27 Write down three positive things to tell yourself in the morning.	28 If tomorrow was the perfect day, describe how it would go.	29 Something you're proud of achieving this month.