

1st of September

Journaling Planner

MORNING

Your top goal for this month and why.

If you've missed structure over summer, use this goal as an opportunity to build a consistent routine, like regular workouts. However, this goal doesn't have to be about productivity. Your goal could be to create a summer album of photos, or reconnect with someone.

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POSITIVE THOUGHT

This month, I'm looking forward to...

Look at your calendar. Identify holidays or key dates. You can also use the positive thought journaling as an opportunity to start the month looking forward to fall, rather than already missing summer. Consider September events and cozy activities.

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ONE-WORD

Love.

Don't overthink it. Write what comes into your head. If you want some more structure, consider the five Ws. Write down who you love, what you love, when you feel loved, where (or places) you love, and why love is important in your life.

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GRATITUDE FOR HOME

Your favorite cozy corner or space and why.

Identify the place you unwind and feel cozy at home. It can be your bed, but it can also be the couch, your desk, a particular chair you sit on, and more. It could also be a specific room or corner of the house. Write down why it makes you feel this way.

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CONNECTION

People you're grateful for and why.

Start with immediate family, your significant other, or people you're close to. If you want to broaden your scope, consider specific moments in your life. It could be a teacher that introduced you to a passion, or someone you follow online who inspires you.

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NATURE

Patterns you can see in any nearby nature.

Start by looking outside of your window. Look for plants, trees, leaves, or the patterns in the sky. Draw these patterns with simple lines. You can also write about how these patterns make you feel, or why your eyes were drawn to them.

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SELF-CARE

Things to do for your self-care this month.

Reference our September self-care calendar for ideas. If this feels too broad, identify one simple thing you can do. Identify the times of the day you would have time for self-care, or when you need it the most. Consider activities that take 5-10 minutes, or less.

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EVENING

How the first day of September went.

This is your opportunity to reflect. You can identify positives. You can write honestly about the ups and downs of the day. If the day was unremarkable, write about specific things you remember, even if you don't know why.

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