

2nd of September *Journaling Planner*

MORNING	List of things that could motivate you this month.	☐
You can approach this in two ways. You could write down your values or what gets you out of bed in the morning. If you want to be more specific, identify a goal for the month, and describe the version of you at the end of the month that completed it.		
POSITIVE THOUGHT	People appreciate me for...	☐
Take a moment to think back to specific moments when someone thanked you for doing something for them. If you can't think of anything, consider things you do out of love. Things like being there for a loved one or bringing the family together for a meal.		
ONE-WORD	Laughter.	☐
Start broadly and write down anything that makes you laugh. Once you're in the flow, try to describe specific memories when you couldn't stop laughing with friends and loved ones.		
GRATITUDE FOR HOME	Scents that bring you comfort.	☐
Your home is full of different scents. You could focus on the season, describing favorite foods and desserts or a scented candle you would get. You could also go broader with year-long scents, like fabric softener or your favorite perfume.		
CONNECTION	What connecting with family means to you.	☐
It helps to be very specific. Describe past get-togethers, summer BBQs, or video calls you remember. Don't overthink it, as the first things that come into your head will typically be some of your favorite ways to connect with family.		
NATURE	The colors in today's landscape and how they make you feel.	☐
Start by looking out of a window or in your backyard. If you'd like, walk to a nearby park or a scenic place. If you live in an urban area, look at the sky. Either write down the colors or color with pencils or watercolor paints. Write a feeling next to each color.		
SELF-CARE	Things you're grateful for from this summer.	☐
Start with specific holidays, trips, or gatherings, and then write about the ordinary, everyday summer things, like flowers in the garden or warm evenings. You can also describe a very specific memory, like a backyard get-together.		
EVENING	Something you're grateful for today.	☐
Look back at the day, and try to identify something good that happened or a simple moment of joy. If you can't think of anything, focus on everyday things you overlook. You could describe a park you walked past or the choice of foods at the supermarket.		