


Breakup Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Find a quiet moment each day — morning or evening — and write without self-editing
 - Start with your feelings: name every emotion honestly, even if they conflict
 - Move through each section in order; let each prompt build on the last
 - Return to your affirmation and future vision whenever doubt or sadness spikes
 - Re-read past entries weekly to witness your own healing in real time



Scan for a detailed guide on how to use this journal

Date: _____

How I feel *(be honest. no feeling is wrong. name it to tame it)*

Self-love statement *(something you appreciate about yourself today)*

Boundary *(a healthy boundary you are setting or maintaining)*

Lesson learned today *(what would you do differently next time?)*

Future vision *(what does your ideal future look like now?)*

Today's affirmation *(a positive statement you believe about yourself)*

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