Idea Journal

A 30-Day Guided Journal

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

- Write the idea title and category at the top for quick reference
- Rate excitement, feasibility, effort, and impact to evaluate potential
- Use the writing section to describe the concept and who it helps
- Note resources needed and next steps to make it actionable
- Review past entries regularly — old ideas often spark new breakthroughs

Scan for a detailed guide on how to use this journal

Date: _____

Idea title: _____

Category: _____

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Excitement (1-10): (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Feasibility (1-10): (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Effort required (1-10): (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Potential impact (1-10): (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Source: _____

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Problem it solves *(what pain point or unmet need does this idea address?)*

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Target audience *(who benefits from this idea? be specific \u2014 a person, a group, yourself)*

_____

Resources needed *(tools, people, money, knowledge \u2014 what do you need to make this happen?)*

_____

Action steps *(concrete steps you can take today toward your goal)*

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