


Investment Journal



A 30-Day Guided Journal



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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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- Record each trade immediately — date, ticker, action (buy/sell), quantity, and price
 - Note the asset class (stocks, ETFs, bonds, crypto) for portfolio analysis
 - Write your investment thesis — why you made this trade and what you expect
 - Log fees and total amounts to track true cost of investing
 - Review your journal monthly to evaluate strategy and spot recurring patterns



Scan for a detailed guide on how to use this journal

