


Learning 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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- Write the topic, source, and time you spent learning
 - Explain what you learned as if teaching it to a child — use your own words
 - Rate your confidence level to spot gaps in understanding
 - Capture every question and curiosity that came up
 - Commit to one or two action steps to apply or review the material



Scan for a detailed guide on how to use this journal

Date: _____

Topic *(what subject, skill, or concept did you study today?)*

Source *(book, course, video, article, person...)*

Time spent *(how long did you study?)*

What I learned *(what photographic lesson or insight did this session teach you?)*

Confidence level *(how well do you understand this? (1-10))*

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