


Minimalism 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



Scan for a detailed guide on how to use this journal

Date: _____

Items Decluttered *(what items, apps, or commitments did you remove today?)*

Category *(physical, digital, emotional, time, financial...)*

Kept & Why *(what did you consciously choose to keep, and what value does it add?)*

Feelings on Release *(relief, guilt, liberation, nostalgia — what came up as you let go?)*

Space Created *(physical space, mental clarity, time freed — what opened up?)*

Today's reflection *(what went well? what could be better?)*

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