


Motivation 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: _____

Why It Matters *(why does this goal matter deeply to you? connect to your core purpose)*

Today's Goal *(what is the one most important goal you want to achieve today?)*

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

Obstacle *(what obstacle did you face or anticipate?)*

Today's accomplishment *(what did you achieve today? celebrate it)*

Momentum Check *(on a scale of 1-10, how much momentum do you feel toward your goal right now?)*

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