One Line a Day 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

- Open to today's date and write one sentence that headlines the day — your first thought wins
- Note your mood in one word and something you are grateful for
- In future years, read what you wrote on this same date and notice how you have changed
- Review a full month at a glance to see the story of your life unfolding

Scan for a detailed guide on how to use this journal

Date: _____

One line *(if today were a headline — what would it be? one sentence that captures this day)*

Mood (1-10) *(how do you feel right now? one word or phrase)*

What I'm grateful for today *(what are you grateful for today? name a specific person, moment, or thing)*

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