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# Parenting Journal

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A 30-Day Guided Journal



Hybrid

Created with LoomJournals

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# How to Use This Journal

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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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- Each morning or evening, rate your mood, energy, and patience on the 1-10 scales
  - Check the quality time box if you had focused, phone-free time with your child today
  - In the writing area, start with the highlight prompt — the best moment of the day
  - Use the extra prompts (milestone, proud moment, behavior notes, gratitude) as needed
  - Re-read past entries weekly to notice growth, patterns, and what to repeat



Scan for a detailed guide on how to use this journal

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