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# Reflection Journal

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A 30-Day Guided Journal



Daily Entry

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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- Find 5-10 quiet minutes at the end of your day — after dinner or before sleep
  - Record the single highlight or best moment that made today meaningful
  - Write the most important lesson you learned or observed today
  - Identify one specific thing you could do better — be constructive, not self-critical
  - Name 1-2 things you are genuinely grateful for, then set a clear intention for tomorrow



Scan for a detailed guide on how to use this journal



























































