

# Daily Journal

## 1 MINUTE JOURNALING

---

---

---

---

---

---

---

---

---

---

### TOP 3 THINGS ABOUT TODAY

☐

---

☐

---

☐

---

☐

---

### WHAT INSPIRED YOU THE MOST TODAY?

### WHAT EMOTIONS HAVE YOU FELT TODAY?



### HOW WOULD YOU RATE THE DAY?



### 3 THINGS I WISH FOR TOMORROW

☐

---

☐

---

☐

---