



January 1

3 things your grateful for
2 people you want or need to connect with today
1 thing you need to get done today

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January 3

3 things your grateful for
2 conversations you had with people this week
that impacted you
1 goal you're working on in January

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January 5

3 things your grateful for
2 things that will help you reach your goal from
last entry
1 thing you need to get done today

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January 7

3 things your grateful for
2 conversations you had with people this week
that impacted you
1 reflective sentence about the goal you wrote
down on Jan. 3 (how's it going)

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January 9

3 events in your life you're grateful for
2 songs that always lift your mood
1 thing (activity, memory) you're avoiding

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January 11

3 people you're grateful for
2 worries taking up space in your mind
1 memory from the 2025 holiday season that
brings a smile to your face

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January 13

3 things your grateful for
2 conversations you had with people this week
that impacted you
1 goal you're working on in January

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January 15

3 events you're grateful for
2 people you want or need to connect with today
1 minute spent meditating & what the experience
was like for you

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January 17

3 apps on your phone you use the most
2 things that made you laugh this week
1 minute spent meditating & what the experience
was like for you

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January 19

3 things you did differently before COVID
2 times today you can intentionally step away
from screens for at least 10 minutes
1 minute spent meditating & what the experience
was like for you

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January 21

3 people you're grateful for
2 minutes spent meditating & what the
experience was like for you
1 negative thought you have about yourself &
what you would like to believe instead

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January 23

3 things your grateful for
2 conversations you had with people this week
that impacted you
1 reflective sentence about the goal you wrote
down on Jan. 3 (how's it going)

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January 25

3 things you're currently feeling about Winter
2 places you would like to visit someday
1 thing you can do differently with you time
spent before going to bed

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January 27

3 colors you would use in a painting
2 memories from childhood
1 moment from this past weekend that you
appreciated

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January 29

3 things your grateful for
2 people you want or need to connect with today
1 thing you need to get done today

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January 31

3 journal entries you enjoyed writing the most
2 things you learned about yourself this month
1 goal you want to set for February

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