

- 1 What made you smile today?
- 2 List all the things you've purchased today.
- 3 What was the best part of today?
- 4 Something you'd always like to remember from today.
- 5 List all the food you've consumed today.
- 6 Describe your day in ten words or less.
- 7 Your first thought this morning.
- 8 A simple pleasure you granted yourself today.
- 9 A tiny step you took towards your goals/dreams.
- 10 Three things you're thankful for right now.
- 11 One thing you're stressed about and two ways to help you get through it.
- 12 Describe your morning.
- 13 Describe your evening.
- 14 Approximate minutes you spent on social media versus approximate minutes you spent being social. Thoughts?
- 15 An overheard conversation.
- 16 Take a minute at any point in time today, and observe what's going on around you. Write down your immediate thoughts.
- 17 Today's vitals: date, day, weather, mood, breakfast, lunch, dinner, top 3 priorities
- 18 What happened today at 10am?
- 19 What happened today at 1pm?
- 20 What happened today at 7pm?
- 21 List everything going through your mind right now.
- 22 Time lapse: Take your logbook/journal with you today and write one observation or thought each hour within an 8-hour time frame.
- 23 Struggle Street: What did you struggle with today? List 3 ways to help you overcome it.
- 24 What's inspired you today?
- 25 List everything you've read today.
- 26 Something new you've learned today.
- 27 Switch off technology for 2 hours. What did you do instead?
- 28 Spend part of your day doing something you love. Thoughts?
- 29 List all the places you've visited today.
- 30 How did you relax and unwind today?
- 31 Free write 😊