

START A JOURNALING HABIT USING ONE WORD

Directions: Each day, write down one word describing how you would like to feel today. That's it!

Your month-long practice can start any day of the month so don't let the date on the calendar stop you from getting started.

Week 1

-
-
-
-
-
-
-

Week 2

-
-
-
-
-
-
-

Week 3

-
-
-
-
-
-
-

Week 4

-
-
-
-
-
-
-

Remember, it's okay if you missed some days or if there were words that repeated. Just look at the month as a whole and reflect on what this experience was like for you? **Write a sentence or two to remind yourself what you got from practicing this one-word journaling habit.**
