

A field of orange poppies and green wheat stalks under a soft, pinkish-purple sky. The text "5 MINUTE JOURNAL" is overlaid in a purple, outlined font.

5 MINUTE JOURNAL

Morning Reflection

DAILY QUOTE

THINGS I AM LOOKING FORWARD TO
TODAY

How do I want to feel at
the end of today?

Daily Goals

Top Three Goals

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Goals



What I didn't do



Progress

Morning Thoughts



Evening Reflection

What goals did I accomplish today?

How am I feeling about my day?

Emotions I felt today



Why did I feel these emotions?

Did these emotions positively or negatively affect me?

What did I struggle with
today?



Today's Word



Tomorrows Goals



Evening Thoughts



Morning Reflection

Daily Quote

Things I am looking to today

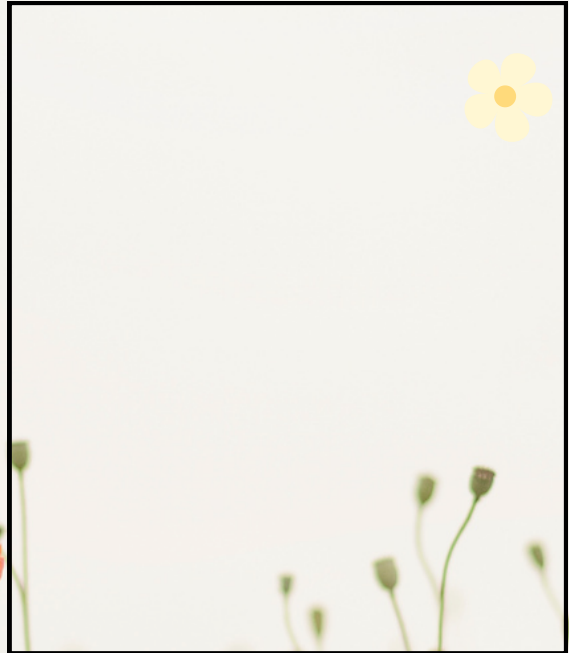
How do I want to feel at
the end of the day?

Daily Goals

Top Three Goals

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Goals



What I didn't do



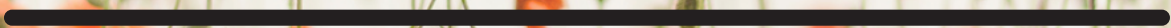
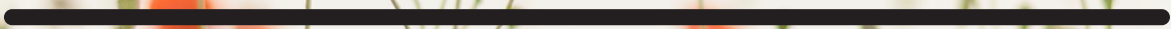
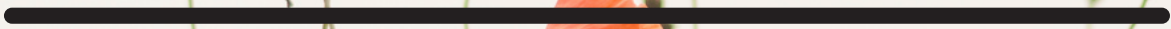
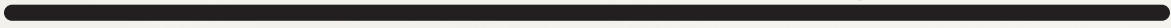
Progress

Morning Thoughts

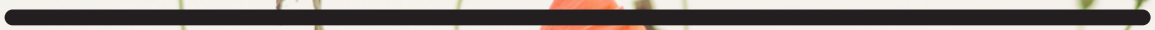
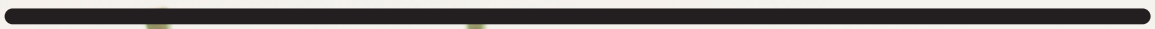
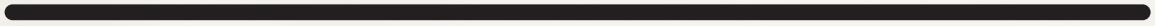


Evening Reflection

What goals did I
accomplish today?



How am I feeling
about today?



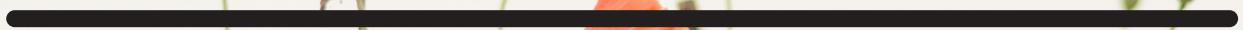
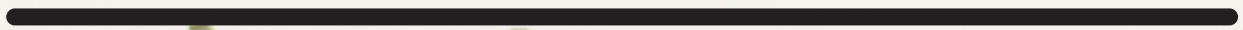
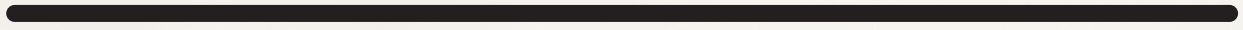
Emotions I felt
today



Why did I feel
these emotions?

Did these emotions positively
or negatively affect me?

What did I struggle
with today?



Today's Word



Tomorrows Goals



Evening Thoughts



Morning Reflection

Daily Quote

Things that I am looking forward to today

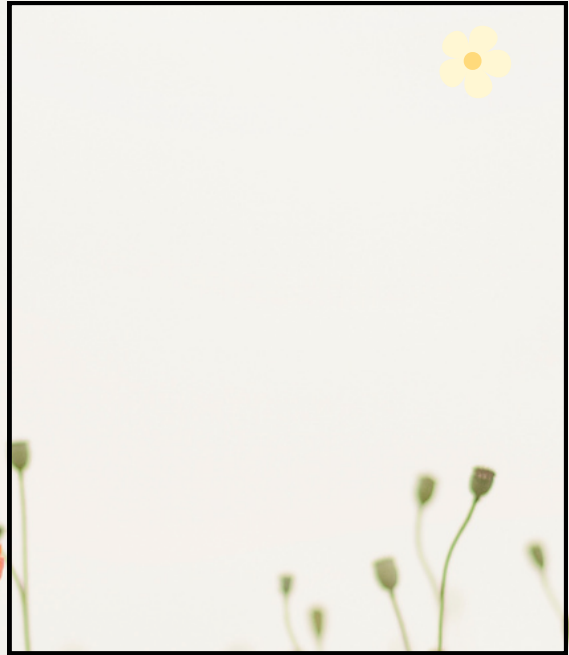
**How do I want to feel at the end of
the day?**

Daily Goals

Top three Goals

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Goals



What I didn't do



Progress



Morning Thoughts

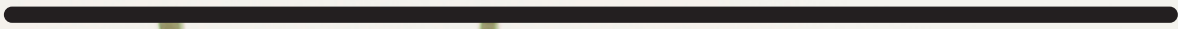
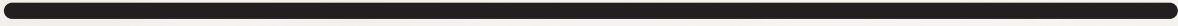
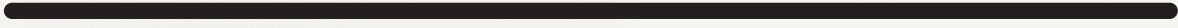


Evening Reflection

What goals did I
accomplish today?



How am I feeling about
today?



Emotions I felt
today



Why did I feel these emotions?



Did these emotions positively
or negatively affect me?



What did I struggle with
today?



Today's Word



Tomorrow's Goals



Evening Thoughts



Morning Reflection

Daily Quote

Things that I am look forward to about today

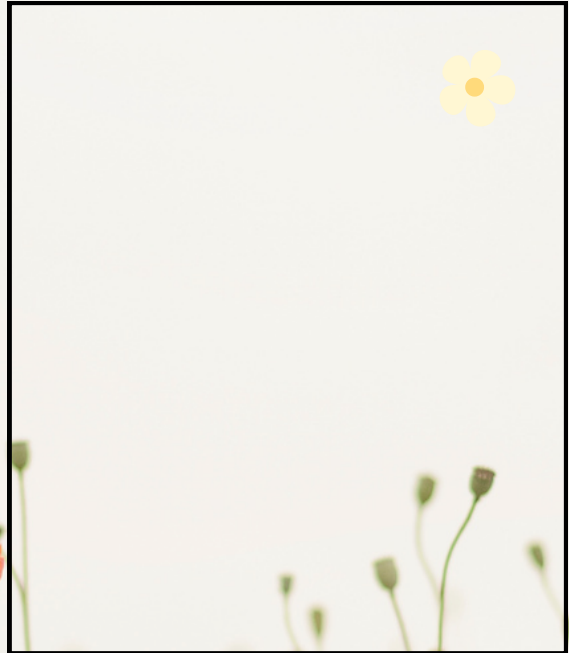
How do I want to feel at the end of the day?

Daily Goals

Top Three Goals

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Goals



What I didn't do



Progress



Morning Thoughts

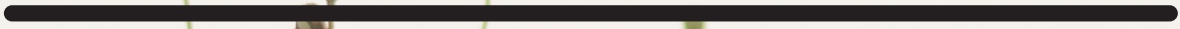
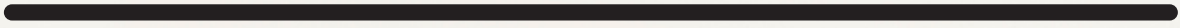
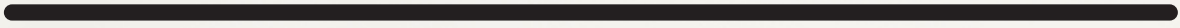
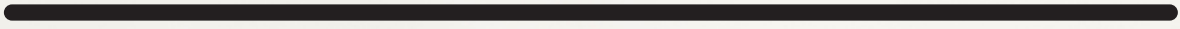
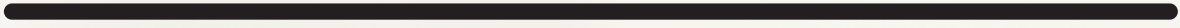


Evening Reflection

What goals did I accomplish
today?



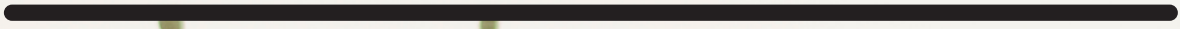
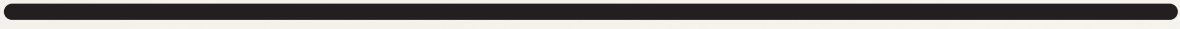
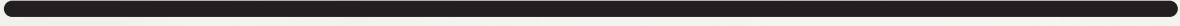
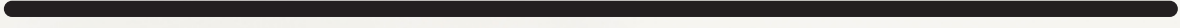
How am I feeling
about today?



Emotions I felt
today



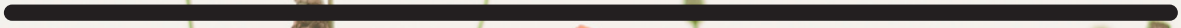
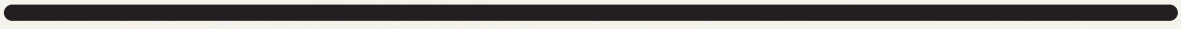
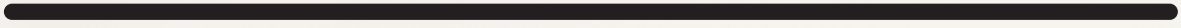
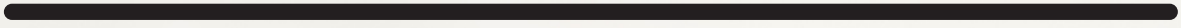
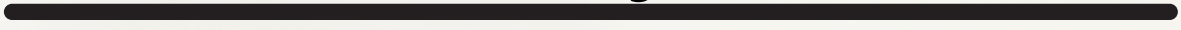
Why did I feel
these emotions?



**Did these emotions negatively
or positively affect me ?**



What did I
struggle with
today?



Today's Word



Tomorrows Goals



Evening Thoughts



Morning Reflection

Daily Quote

Things that I am looking forward to about today

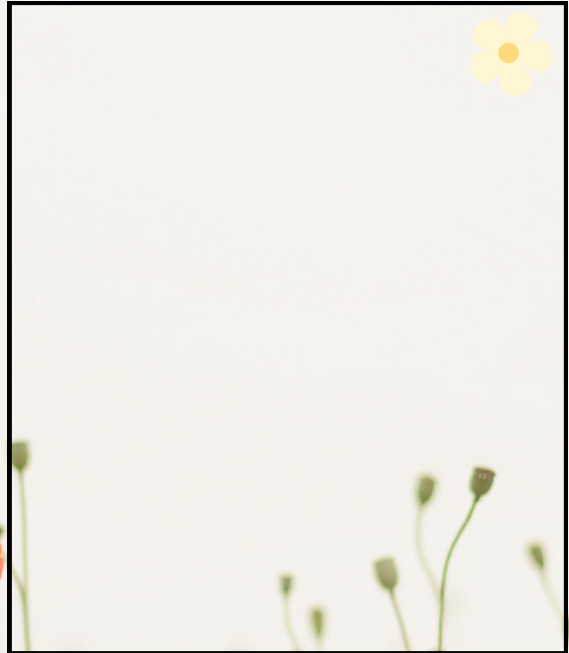
**How do I want to
feel at the end
of today?**

Daily Goals

Top Three Goals

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

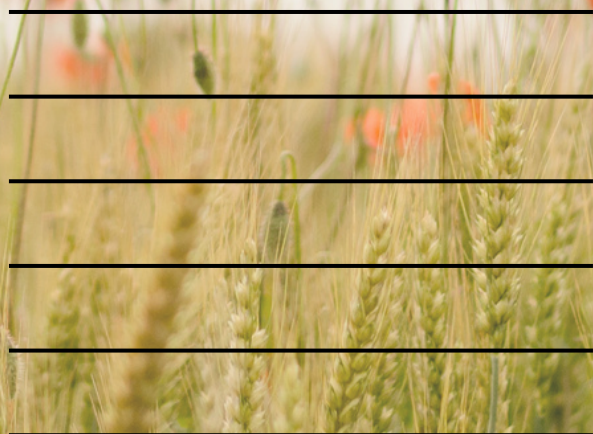
Goals



What I didn't do



Progress



Morning Thoughts



Evening Reflection

What goals did I accomplish today?

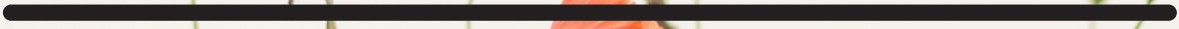
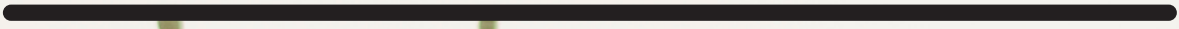
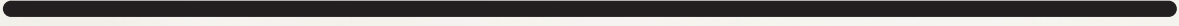
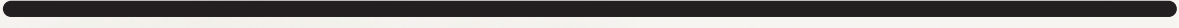
How am I feeling about today?



Emotions I felt today



Why did I feel these emotions?



Did these emotions negatively or positively affect me?



What did I struggle with today?



Today's Word



Tomorrow's Goals



Evening Thoughts



Morning Reflection

Daily Quote

Things that I am looking forward to about today

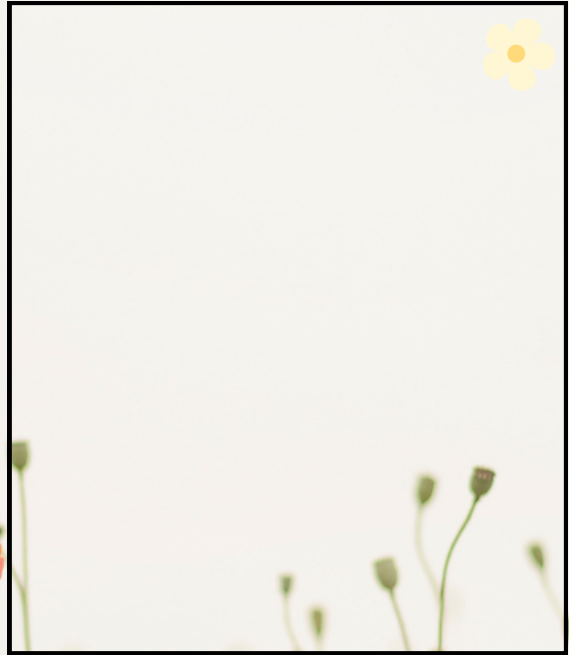
**How do I want to
feel at the end
of the day?**

Daily Goals

Top Three Goals

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

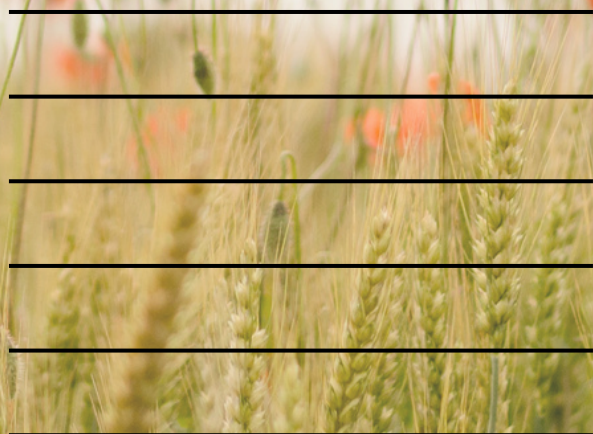
Goals



What I didn't do



Progress



Morning Thoughts



Evening Reflection

What goals did I accomplish today?

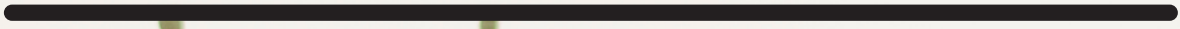
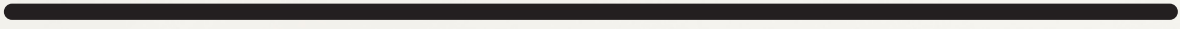
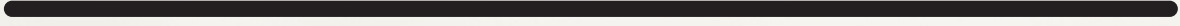
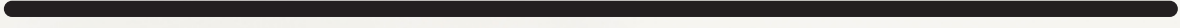
How am I feeling about today?



Emotions I felt today



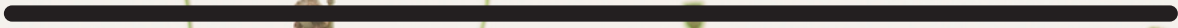
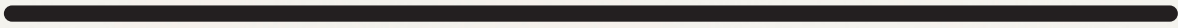
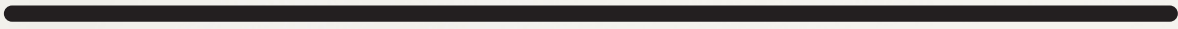
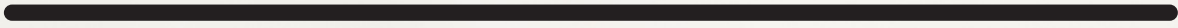
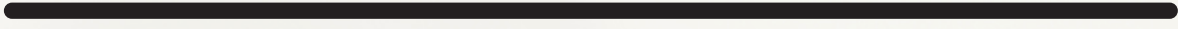
*Why did I feel these
emotions?*



*Did these emotions positively or
negatively affect me?*



*What did I struggle with
today?*



Today's Word



Tomorrow's Goals



Evening Thoughts



Morning Reflection

Daily Quote

Things that I am looking forward to about today

How do I want to feel at the end of today?

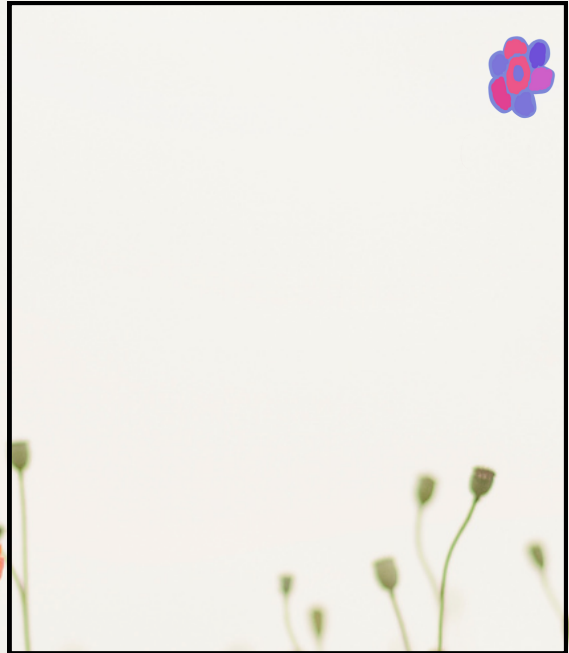


Daily Goals

Top Three Goals

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

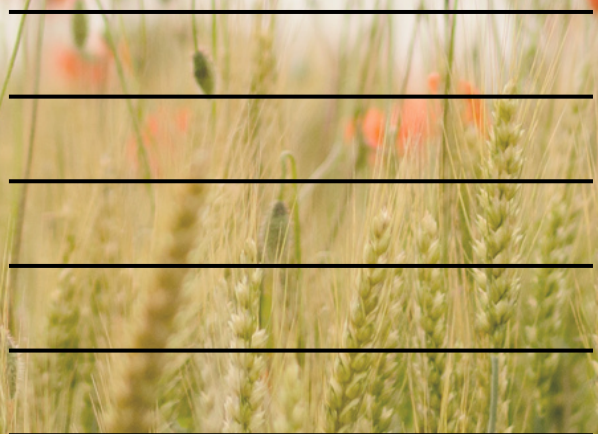
Goals



What I didn't do



Progress



Morning Thoughts



Evening Reflection

What goals did I accomplish today?

How am I feeling about today?



Emotions I felt today



Why did I feel these emotions?



*Did these emotions
positively or negatively
affect me?*



*What did I struggle
with today?*



Today's Word



Tomorrow's Goals



Evening Thoughts



*Morning
Reflection*

Daily Quote

Things that I am looking forward to about today

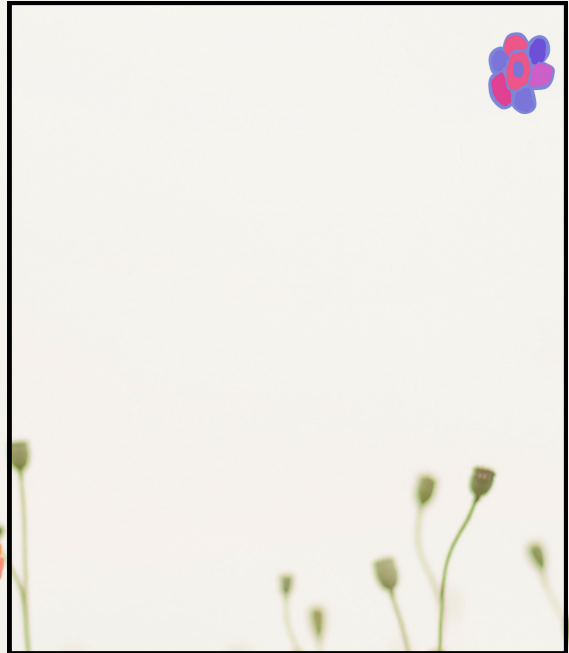
**How do I want to feel at the
end of today?**

Daily Goals

Top Three Goals

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Goals



What I didn't do



Progress

Morning Thoughts



Evening Reflection

What goals did I accomplish today?

How am I feeling about today?



Emotions I felt today



*Why did I feel these
emotions?*



*Did these emotions
positively or negatively
affect me?*



*What did I struggle
with today?*



Tommorows Goals



Today's Word



Morning

Reflection

Daily Quote

Things that I am looking to about today

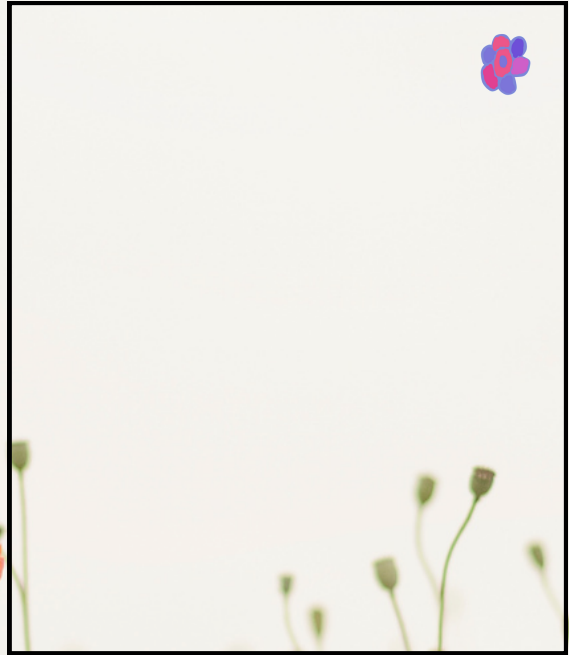
How do I want to feel at the end of today?

Daily Goals

Top Three Goals

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Goals



What I didn't do



Progress



Morning Thoughts



Evening Reflection

*What goals did I
accomplish today?*

*How am I feeling about
today?*



Emotions I felt today



*Why did I feel these
emotions?*



*Did these emotions positively or
negatively affect me?*



Today's Word



Tomorrows Goals

