Gentle Story Journal

(Coming Soon)

"When you take time to notice your thoughts and feelings, you begin to understand yourself with kindness."

Why Journaling Matters

Journaling is not about writing perfectly or having the right words.

It is about creating space to notice what is happening inside.

When we journal, we slow down long enough to:
- Understand our feelings instead of pushing them away
- Recognize patterns in our thoughts and reactions
- Give ourselves a safe place to express what might be hard to say out loud
- Learn from our experiences with honesty and care

Writing, drawing, or reflecting helps us turn moments into meaning.

Journaling teaches us that:
- Our thoughts are worth listening to
- Our feelings have a place to land
- Even small moments can help us grow

This journal is an invitation to pause, notice, and meet yourself with kindness—one day at a time.
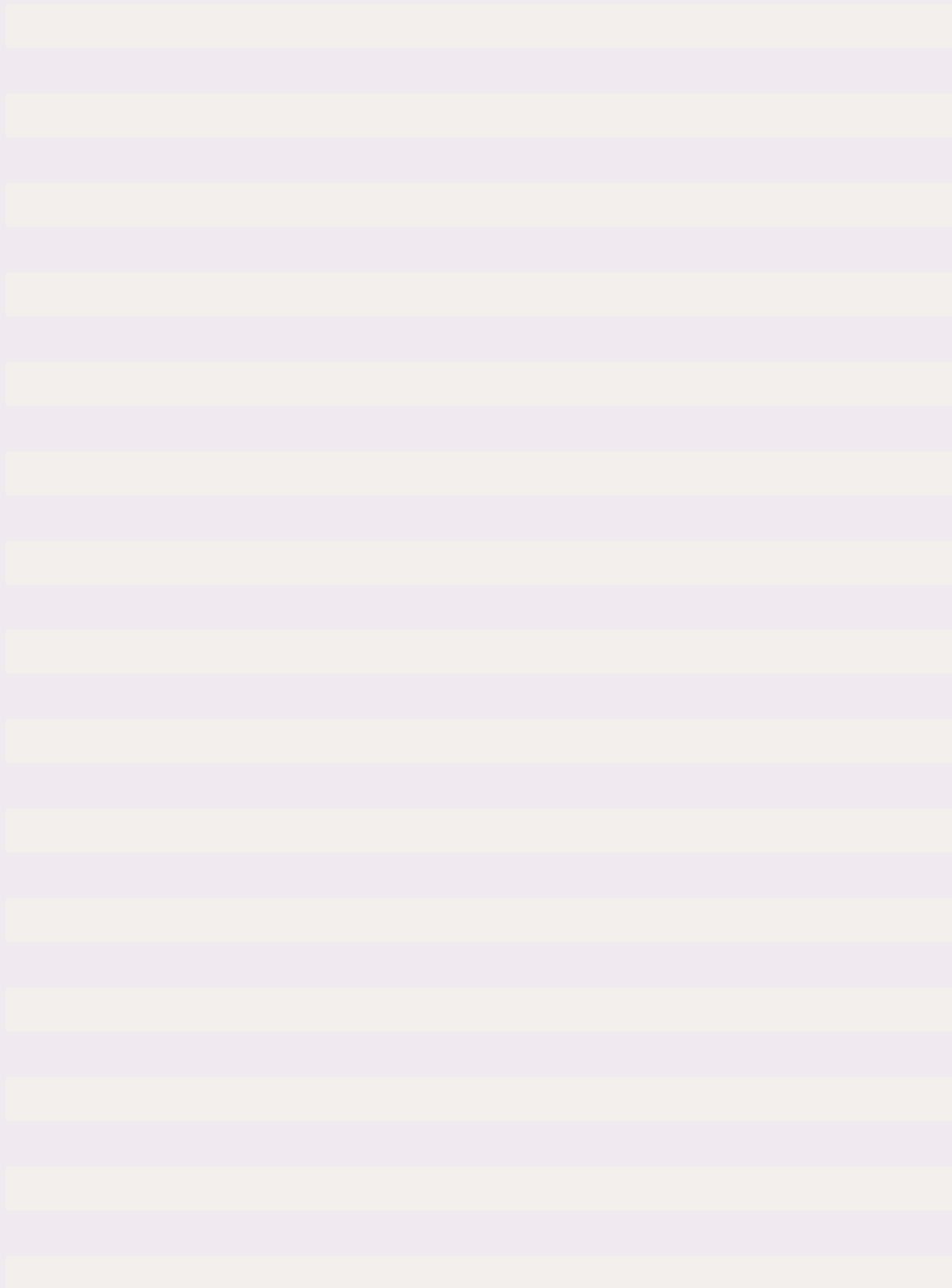
My Notes

Date :

My Notes

My Notes

Sunday :

Monday :

Tuesday :

Wednesday :

Thursday:

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Saturday :

My Notes

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Date :

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My Notes

Sunday :

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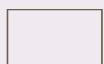
PASSWORD TRACKER

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Mind Dump Planner

Empty your mind. Let it flow freely without judgment.

Worries

Random Thoughts

To-Do Items

Ideas & Inspiration

Notes

NOTES & IDEAS DUMP

Timeline

QUICK NOTES

REMINDERS

BIG IDEAS / BRAINSTORMING

- [ ]
- [ ]
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READING DAILY

PLANNER

DATE :

M T W T F S S

TODAYS GOALS

_____
_____
_____
_____
_____

MEAL TRACKER

BREAKFAST

LUNCH

DINNER

SNACKS

WATER INTAKE

TOTAL

MONEY TRACKER

MONEY IN   FROM

MONEY OUT   FOR

TODAYS APPOINTMENT

TIME   EVENT

THINGS TO GET DONE TODAY

_____
_____
_____
_____
_____
_____
_____
_____

TODAY I AM GRATEFUL FOR

WEATHER

MOOD

EXERCISE

TOTAL MUNITES

TOTAL STEPS

REMINDER TO

NOTES

_____
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READING TO DO LIST

MONTH _____

DATE _____

TO DO

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PRIORITIES

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NOTES

REMINDER

READING PLAN

MON	TUE	WED	THU	FRI	SAT	SUN

daily

Time	Activity
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

I'm grateful today because

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○

○

coming up

Good things

notes

to do

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GOAL REFLECTION PAGE

REVIEW PERIOD (MONTH/QUARTER)

TOP 3 GOALS SET

- [ ]
- [ ]
- [ ]

GOAL COMPLETION STATUS

WHAT WORKED WELL?

WHAT DIDN'T WORK / CHALLENGES?

LESSONS LEARNED

NEXT STEPS / ADJUSTMENTS

NOTES