

# Journaling in 2022 . . . and Beyond

## Good Morning Thoughts

My **Purpose in Life**: \_\_\_\_\_

3 Things I look Forward to TODAY include:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Today, I am **grateful** for: \_\_\_\_\_

Today, I will help make today positive by **DOING**: \_\_\_\_\_ **AVOIDING**: \_\_\_\_\_

**Tasks for Today**: \_\_\_\_\_ **PERSONAL** \_\_\_\_\_ **WORK** \_\_\_\_\_

For Myself:

For Others:

## Good Night Thoughts

Today, I **thought about**:

Today, I worked toward fulfilling my **Purpose in Life** by:

Today, I **accomplished**:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**Positive** things about Today were:

Physical:  
Thoughts:  
Behaviors:  
Emotions:  
Spiritual:

**Worrisome** things about Today were:

I helped to **Fulfill My Purpose** and **Make Today Positive** by:

Doing: \_\_\_\_\_

Being: \_\_\_\_\_

Avoiding: \_\_\_\_\_

Today, I **helped other** by: \_\_\_\_\_

Today, I **cared for myself** by: \_\_\_\_\_

Today, I **learned**: \_\_\_\_\_

Tonight, I am **grateful** for: \_\_\_\_\_

**Today's Rating:**    1                    2                    3                    4                    5                    6                    7                    8                    9                    10

Horrible

Average

Outstanding

# Into My Future

I can manifest my PURPOSE in life by: \_\_\_\_\_

I can help to make my future better by:

Doing: \_\_\_\_\_

Being: \_\_\_\_\_

Avoiding: \_\_\_\_\_

I can help to make OTHER'S future better by:

Doing: \_\_\_\_\_

Being: \_\_\_\_\_

Avoiding: \_\_\_\_\_

My Plans for NEXT MONTH Include:

| PERSONAL Life             | WORK Life |
|---------------------------|-----------|
| To Do For <i>Myself</i> : |           |
| To Do For <i>Others</i> : |           |
|                           |           |

My Plans for NEXT YEAR Include:

| PERSONAL Life             | WORK Life |
|---------------------------|-----------|
| To Do For <i>Myself</i> : |           |
| To Do For <i>Others</i> : |           |
|                           |           |

I want to be remembered for:

General NOTES: