PAPER THERAPY

YOUR 90 DAY JOURNAL

PLAN, REFLECT & LET IT ALL OUT

Life gets busy, and sometimes we forget to make time for ourselves. This journal is your reminder to slow down, take a breath, and give yourself a few minutes each day.

Over the next 90 days, create a daily habit of checking in with yourself. Plan your day, reflect on your feelings, celebrate the little things, and write down whatever is on your mind. Let go of worries, capture happy moments, and give your thoughts the space they deserve.

There is no right or wrong way to journal, and no pressure to write perfectly. Some days you may have a lot to say, while other days a few words will be enough. What matters is that you show up for yourself.

Small daily moments of reflection can help you understand yourself better, recognize your progress, and find more balance in everyday life.
When you reach the end of these 90 days, take a moment to look back and see how far you have come. You might be surprised by how much you have learned, overcome, and grown.

This is your time, your space, and your story. Make yourself a priority, one day at a time.
Your day. Your thoughts. Your journey.

WEEK 1

A NEW BEGINNING
IS A PERFECT TIME
TO CREATE
THE LIFE YOU LOVE.

DAILY Journal ♡

SAME SMALL STEPS • A BRIGHTER MIND • A HAPPIER YOU

DATE: ____/____/_____

(M) (T) (W) (T) (F) (S) (S)

THIS MORNING...

How do I want to feel today?

What would make today a good day?

TODAY'S PRIORITIES

What's most important today?

1.
2.
3.

TO-DO LIST

- [ ]
- [ ]
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TODAY I AM GRATEFUL FOR

1.
2.
3.

SELF CARE

How can I take care of myself today?

MY MOOD TODAY

How am I feeling right now?

Amazing Good Okay Tired Stressed

ENERGY LEVEL

(1) (2) (3) (4) (5)

Low → High

NOTES & REMINDERS

TONIGHT...

How did today go?

What did I learn today?

What am I proud of?

TOMORROW...

What do I want to keep in mind?

One small step I will take tomorrow

A positive note to myself

MY *Day* ♡

THOUGHTS • EXPERIENCES • MOMENTS • STORIES

DATE: ____/____/_____

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