

YOUR DAILY JOURNAL



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A daily journal is like a gentle but powerful anchor in everyday life - especially when you keep it for several weeks or months. It records who you are, what moves you, and where you want to grow. A daily journal is not just another to-do list, but a quiet, loving check-in with yourself. Just a few minutes a day can help you think more clearly, be kinder to yourself, and have the courage to follow your own path - as a unique person who deserves more than just to “function.”

Why daily journaling is so helpful?

- You organize your thoughts and feelings instead of carrying them around with you all day – this reduces inner stress and creates clarity.
- Writing helps you recognize patterns: what is good for you, what drains your energy, which situations keep recurring.
- You train yourself to focus on the positive by recording beautiful moments, successes, and gratitude - this improves your mood and well-being in the long term.
- Over time, a kind of personal development diary emerges: you can see in black and white how you have become braver, clearer, and more loving toward yourself.
- If you grew up with high expectations (family, performance, “having to be strong”), journaling can be a safe place where you can allow yourself to feel your true emotions – without being judged.
- It helps you find your own voice between tradition, cultural values, and your own personal desires and boundaries.
- You can honestly write down inner conflicts - for example, between a sense of duty and self-care - and discover new, more loving solutions for yourself.

I hope you enjoy your daily journaling and I am already excited to see what small and big changes you will discover in yourself over the next few weeks.

Warm greetings

Your Tan



DAILY JOURNAL

DAY / DATE:

START OF THE DAY:

MY POWER GOAL:

.....

MOTTO OF THE DAY / POSITIVE STATEMENT:

.....

DAILY ACTION / PRIORITY:

Nr. 1

Nr. 2

Nr. 3

MY BODY:

Mood: 1 2 3 4 5

Energy: 1 2 3 4 5

Sleep quality: 1 2 3 4 5

Stress level: 1 2 3 4 5

1 = low/poor/bad

5 = very high/very good

WHAT GOOD THING WILL I DO FOR MYSELF TODAY?

.....

.....

EVENING REFLECTION:

WHAT WAS GOOD TODAY?

.....

**WHAT CAN I DO BETTER?
WHAT HAVE I LEARNT?**

.....

WHAT DID I EAT TODAY?

Vegetables/fruit/proteins/junk food/water/sweet drinks, etc.

.....

I AM GRATEFUL FOR:

People/Achievements/Strengths/Health

.....

I AM PROUD OF:

.....

3 POSITIVE THINGS FROM TODAY:

Nr. 1

Nr. 2

Nr. 3

WHAT GOOD THINGS DO I WISH FOR TOMORROW?

.....

