

SETTING GOALS

What are the primary reasons for starting a journaling practice?



What short-term and long-term goals do I hope to achieve through journaling?

What short-term and long-term goals do I hope to achieve through journaling?

What specific areas of my life do I want to focus on through journaling?



How can I make my journaling goals specific, measurable, achievable, relevant, and time-bound (SMART)?

CREATING JOURNAL PAGES

What aspects of my life do I want to document and explore in my journal?



How often should I review and adapt my journal pages to reflect my evolving journey?

What creative techniques do I enjoy using to express myself in my journal?



What recurring themes or patterns do I want to track and reflect upon?



The pages I will include are: