

PROJECT430

Daily Journal Template

Use these prompts inside your existing routine. Whether it's a physical notebook or a digital notes app. The goal is simple: start your day with clarity, end it with reflection. Copy, paste, or write these out daily to stay aligned, intentional, and honest with yourself.

AM CHECK-IN

- What time did I wake up?
- How did I feel when I woke up?
- Intention for the day?
- What are you most grateful for this morning?
- Top 3 priorities?
- One thing I want to create, improve, or move forward today?

PM REFLECTION

- Did I stay aligned with my intention?
- What did I complete today?
- Biggest win?
- What did I learn today?
- What will I improve or adjust tomorrow?
- Final mood or energy level?

WEEKLY REFLECTION

- Reflect every 7 days: What worked? What challenged me? What's next?