



IT'S A NEW DAY

Brio

JOURNAL DAILY BY
REFLECTING ON LIFE MOMENTS,
TRACKING HEALTHY HABITS
AND SETTING SIMPLE AND EASY GOALS



Year	Percentage of respondents (%)
1997	85
1998	84
1999	83
2000	82
2001	81
2002	80
2003	79
2004	70



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JANUARY HABIT TRACKER

BIBLE READING

ACTIVE FOR 20+ MINUTES

8+ HOURS OF SLEEP

HELLO

January

THE HIGHLIGHT OF 2022 WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

I GET ENERGIZED WHEN . . .

I GIVE MYSELF PERMISSION TO . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1. _____
2. _____
3. _____
4. _____
5. _____

CELEBRATE

NATIONAL SANCTITY OF HUMAN LIFE MONTH

01 / NEW YEAR'S DAY

16 / MLK JR DAY

Brio

FEBRUARY HABIT TRACKER

BIBLE READING

ACTIVE FOR 20+ MINUTES

8+ HOURS OF SLEEP

♦ HELLO ♦

February

THE HIGHLIGHT OF JANUARY WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

I'M LETTING GO OF . . .

I'M GOING TO SHOW KINDNESS BY . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1.		
2.		
3.		
4.		
5.		

CELEBRATE

02 / GROUNDHOG DAY

14 / VALENTINE'S DAY

20 / PRESIDENTS DAY

Brio

MARCH HABIT TRACKER

BIBLE READING
ACTIVE FOR 20+ MINUTES
8+ HOURS OF SLEEP

HELLO

March

THE HIGHLIGHT OF FEBRUARY WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

I WOULD LIKE TO LEARN ABOUT . . .

I'M INSPIRED BY . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1.		
2.		
3.		
4.		
5.		

CELEBRATE

17 / ST. PATRICK'S DAY

20 / FIRST DAY OF SPRING

Brio

APRIL HABIT TRACKER

BIBLE READING

ACTIVE FOR 20+ MINUTES

8+ HOURS OF SLEEP

HELLO April

THE HIGHLIGHT OF MARCH WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

I'M GOING TO CELEBRATE . . .

I FEEL MOST LIKE MYSELF WHEN I . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1. _____
2. _____
3. _____
4. _____
5. _____

CELEBRATE

01 / APRIL FOOL'S DAY

07 / GOOD FRIDAY

09 / EASTER

29 / INTERNATIONAL DANCE DAY

Brio

MAY HABIT TRACKER

BIBLE READING

ACTIVE FOR 20+ MINUTES

8+ HOURS OF SLEEP

HELLO

May

THE HIGHLIGHT OF APRIL WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

I WANT TO MEMORIZE THIS BIBLE VERSE . . .

I'M TAKING TIME TO . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

CELEBRATE

NATIONAL FOSTER CARE MONTH

05 / CINCO DE MAYO

14 / MOTHER'S DAY

29 / MEMORIAL DAY



JUNE HABIT TRACKER
 BIBLE READING
 ACTIVE FOR 20+ MINUTES
 8+ HOURS OF SLEEP

HELLO
June

THE HIGHLIGHT OF MAY WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

I WANT TO READ . . .

I'LL MAKE TIME TO EXPLORE . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1. _____
2. _____
3. _____
4. _____
5. _____

CELEBRATE

14 / FLAG DAY

18 / FATHER'S DAY

19 / JUNETEENTH

21 / FIRST DAY OF SUMMER

Brio

BIBLE READING
ACTIVE FOR 20+ MINUTES
8+ HOURS OF SLEEP

July

THE HIGHLIGHT OF JUNE WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

I'M MOTIVATED BY . . .

I FEEL HAPPY WHEN I . . .

THIS MONTH I WANT TO . . .

NOTES

- | | | | |
|----|--|--|--|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |

Drill

CELEBRATE

NATIONAL PICNIC MONTH

01 / CANADA DAY

04 / INDEPENDENCE DAY

16 / NATIONAL ICE CREAM DAY

CELEBRATE

NATIONAL PICNIC MONTH

01 / CANADA DAY

04 / INDEPENDENCE DAY

16 / NATIONAL ICE CREAM DAY

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AUGUST HABIT TRACKER

BIBLE READING
ACTIVE FOR 20+ MINUTES
8+ HOURS OF SLEEP

HELLO

August

THE HIGHLIGHT OF JULY WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

DURING THE NEW SCHOOL YEAR, I WANT TO . . .

I WANT TO MAKE SPACE FOR . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1. _____
2. _____
3. _____
4. _____
5. _____

CELEBRATE

06 / NATIONAL SISTER'S DAY

06 / NATIONAL FRIENDSHIP DAY

18 / NEVER GIVE UP DAY

19 / WORLD PHOTOGRAPHY DAY

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SEPTEMBER HABIT TRACKER

BIBLE READING

ACTIVE FOR 20+ MINUTES

8+ HOURS OF SLEEP

HELLO

September

THE HIGHLIGHT OF AUGUST WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

MY FAVORITE THING ABOUT MYSELF IS . . .

I WANT TO IMPROVE . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1. _____
2. _____
3. _____
4. _____
5. _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

CELEBRATE

NATIONAL SUICIDE PREVENTION MONTH

04 / LABOR DAY

10 / GRANDPARENT'S DAY

23 / FIRST DAY OF FALL

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OCTOBER HABIT TRACKER

BIBLE READING

ACTIVE FOR 20+ MINUTES

8+ HOURS OF SLEEP

HELLO

October

THE HIGHLIGHT OF SEPTEMBER WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

I WANT TO MAKE TIME FOR . . .

I FEEL REFRESHED WHEN I . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1.		
2.		
3.		
4.		
5.		

CELEBRATE

05 / BRING YOUR BIBLE TO SCHOOL DAY

08 / CLERGY APPRECIATION DAY

09 / THANKSGIVING IN CANADA

26 / NATIONAL PUMPKIN DAY

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NOVEMBER HABIT TRACKER

BIBLE READING
ACTIVE FOR 20+ MINUTES
8+ HOURS OF SLEEP

HELLO

November

THE HIGHLIGHT OF OCTOBER WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

MY "BEST DAY EVER" WOULD BE . . .

I AM THANKFUL FOR . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1.		
2.		
3.		
4.		
5.		

CELEBRATE

11 / VETERANS DAY

23 / THANKSGIVING

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DECEMBER HABIT TRACKER

BIBLE READING

ACTIVE FOR 20+ MINUTES

8+ HOURS OF SLEEP

HELLO

December

THE HIGHLIGHT OF NOVEMBER WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

MY FAVORITE CHRISTMAS TRADITION IS . . .

I FIND REST WHEN I . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1. _____
2. _____
3. _____
4. _____
5. _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

CELEBRATE

21 / FIRST DAY OF WINTER

24 / CHRISTMAS EVE

25 / CHRISTMAS DAY

31 / NEW YEAR'S EVE

Brio

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

HELLO

THE HIGHLIGHT OF LAST MONTH WAS . . .

WHAT I APPRECIATE ABOUT MYSELF IS . . .

I GET ENERGIZED WHEN . . .

I GIVE MYSELF PERMISSION TO . . .

THIS MONTH I WANT TO . . .

GOALS

FAVE VERSE OR QUOTE

NOTES

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	CELEBRATE
4. _____	_____	_____
5. _____	_____	_____

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