IT'S A NEW DAY

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

FAVE VERSE OR QUOTE

2. ____________________________

3. ____________________________

4. ____________________________

5. ____________________________

CELEBRATE

NATIONAL SANCTITY OF HUMAN LIFE MONTH

01 / NEW YEAR'S DAY

16 / MLK JR DAY
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

1.

2.

3.

4.

5.

Fave verse or quote

FAVE VERSE OR QUOTE

1.

2.

3.

4.

5.

Notes

NOTES

Celebrate

02 / Groundhog Day
14 / Valentine's Day
20 / President's Day
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

1. 

2. 

3. 

4. 

5. 

FAVE VERSE OR QUOTE

NOTES

Celebrate

17 / St. Patrick’s Day

20 / First Day of Spring
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
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

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

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________

FAVE VERSE OR QUOTE

NOTES

14 / FLAG DAY
18 / FATHER'S DAY
19 / JUNETEENTH
21 / FIRST DAY OF SUMMER

CELEBRATE
July Habit Tracker

Bible Reading
Active For 20+ Minutes
8+ Hours Of Sleep

Hello
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...

Goals

1.

2.

3.

4.

5.

FAVE VERSE OR QUOTE

Notes

Celebrate

National Picnic Month

01 / Canada Day

04 / Independence Day

16 / National Ice Cream Day
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
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

1. 

2. 

3. 

4. 

5. 

Favorite verse or quote

1. 

2. 

3. 

4. 

5. 

Notes

Celebrate

- National Suicide Prevention Month
- 04 / Labor Day
- 10 / Grandparent's Day
- 23 / First Day of Fall
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
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

1. 
2. 
3. 
4. 
5. 

FAVOUR VERSE OR QUOTE

CELEBRATE

11 / VETERANS DAY
23 / THANKSGIVING

NOTES
December

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

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.

CELEBRATE
21 / FIRST DAY OF WINTER
24 / CHRISTMAS EVE
25 / CHRISTMAS DAY
31 / NEW YEAR'S EVE
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