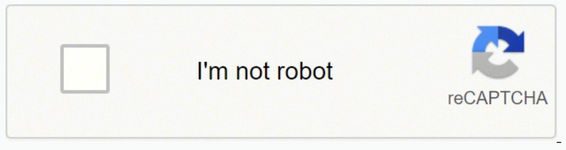

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Daily writing journal template pdf free microsoft office

Although the creator of this template intended for it to be used to contemplate a homeschooling day, it can also be used for identifying the positives and negatives of your day. This is why it is important to step back and do something to decompress. The template is free to download once you sign up using your Google or Facebook account. Develops a person’s sense of gratitude and appreciation. 3. If you want an editable version, there is one available in A4 size. If you do not feel like adding a quote, you can just use that space to scribble or take notes. To enjoy premium features, however, you need to subscribe to Template.net’s premium membership. You can use these templates as they are, and simply print them out to get started, or you can draw inspiration from them and create your own DIY template. This template lets you keep track of your daily to-do’s. In cases like this, Christie Zimmer’s printable template is a lifesaver. This example of a journal template has several pre-made questions that kids can answer. You’ll find that there will be kids who take to journaling and write extensively, while others will be reluctant to use a journal. RELATED: Habits that Stick! Want to build a new habit that will stick for the rest of your lifetime? These include your to-dos, appointments and errands, daily routine tasks, health and fitness, meals and snacks, and weekly to-dos. Additionally, it has a mood tracker and purchase entry where you can see how you have been feeling for the day and how much money you spent. This journal template works as a prompt, reminding us of what we need in order to restore our energy and function at an optimal level of well-being. You don’t have to think about where you put the sticky note with your assignment written on it. It has a gratitude section where you can take note of things or people who made you feel grateful today. You may choose to add colors or design if you’d like to do so. 17. It also has a space for your favorite verse or quote. There might be affiliate links on this page, which means we get a small commission of anything you buy. This journal template is from LittleEmpireDesigns on Etsy.com. Daily Love, Body, Spirit Diary via Abiola Abrams on Slideshare For many people, self-care is not a priority. When you keep a journal with daily entries, your thoughts are all stored in one place. As Ellis explains in her blog, this planner is designed to “help do-it-all moms to do-it-all well.” The template includes spaces for your to-dos, errands, dinner ideas, appointments, kid activities, cleaning, and brain dump. 16. It serves as an excellent monitoring tool for all the things you need to get done and remember. Ruled Daily Planner via Schedule to Plan This simple template has all you need to keep the day organized. Journal My Day via Modern Homeschool Family This template is designed to allow kids to reflect on their days and develop their love of learning. 4. Furthermore, you can jot down five of your top goals for the day, as well as some priority household chores. Today’s Plan of Action via Ragin’T LLC This daily journal template allows you to write a lot of things on one single page. Birch Tree Organizing Printable Daily Planner via BirchTreeOrganizing We recommend this daily planner template for people who have busy schedules. This is why journals are great tools to help learn the art of gratitude and recognition. These are just some of the benefits of keeping a daily journal. This daily journal template she offers is available in two sizes: 8½ x 11 inches and 5 x 7½ inches. You will need to do manual editing before you can print the material, but it’s worth the effort because the template offers a number of features to suit your journaling needs. The Daily Planner for Moms by Lindsay Ellis of Perfectly Scattered is full of features that fit and apply well to a mom’s life. When you see how much they have contributed to your growth as a person, you will feel more affection for them. The template has space for you to write the following: Your prayer for the dayWeekly scripture of your choiceQuiet time thoughts It also helps you maximize the use of your time by providing a daily scheduler with 30-minute increments on the right-hand portion of the page. This daily planner from Birch Tree includes your top three priorities for the day. Keeping a journal also allows you to rethink and reevaluate your relationships with the people around you. 12. You can try a few of these and see which you think is the best for your daily routine and activities. Minimal Daily Planner Page via Hearts Ignited Designs & Inspirations This is another minimalist version of a daily journal template. Now, without further ado, let us check out our list of daily journal template examples you can use for your journaling journey! 17 Personal Daily Journal Template Examples 1. Finally, what is really unique about it is the “calls to make” and “emails/texts to send” sections, which keep you aware of the replies and follow-ups you need to send. It has a “coming up section” as well, where you can add things you need to do in the next few days to complete those tasks. Thus, it comes as no surprise that many of us feel lost and disconnected from our authentic selves. We wish you well on your journaling journey! Finally, if you don’t know the “right” way to journal, then check out this seven-step process for building a journaling habit that sticks.) Having a planner or journal like this is one of the best ways to make sure everything gets done every day. It prompts you to view your daily experiences with quiet contemplation. The same column can be used as your daily planner, with space allocated for you to write the time, letting you stay on top of appointments. Keeping a daily journal isn’t just for fun and recreation—it is actually a tool to make you more productive and hardworking, and help you accomplish your tasks and achieve your goals. This template comes in four different sizes to perfectly suit your bullet journaling or planning needs. Daily Planner for Moms via Perfectly Scattered This is a planner made specifically for other amazing moms out there. 6. A copy of all of these sizes will be sent to you. You can also write reminders and notes to help you remember vital information. Day at a Glance via Etsy.com The Day at a Glance journal template is designed to help you accomplish everything you want and need to do on a daily basis. Lastly, with this journal template it’s no longer necessary to find a separate meal planning template. It is a therapeutic and peaceful way to let go of your emotions whenever you feel them about to overflow. Vintage Journal Template via Template.net If you are looking for a vintage-themed daily journal template with a classic minimalist touch, then this is one that’s worth checking out. It is a form of meditation that helps you stay focused, productive, and organized. Moreover, it helps them self-regulate emotions better. But before we proceed to our list, let us share with you the benefits of keeping a daily journal. Furthermore, journal writing helps kids develop their handwriting skills. Finally, it teaches them early on about the importance of goal setting. It is not just for binders and planners, but can also be pinned on boards and taped on walls. Are you looking for a first-rate daily journal template for your journaling hobby? Doodled Floral Daily To-Do List via VintageGlam Doodled Floral Daily is a planner designed and developed by Dru Cortez of Vintage Glam Studio. The template comes with a “month at a glance” printable template, and is easily available in a ZIP folder upon purchase. There may be different ways to do it, but ultimately the goal is to help you remain aware and improve your life. Write your goals and action plans in the spaces designated for them on the left side of the page. Please do your own research before making any online purchase. 5. It even comes in Filofax. Whether you are a beginner or an experienced journal writer, these daily journal templates will satisfy your thirst for organized planning and soulful writing. Need some ideas for this exercise? Vintage Journal Template has elegant, fully customizable features that allow you to record your schedule, to-do list, and goals for the day or week. For starters, it improves their hand-eye coordination, promoting better dexterity. (Side note: Don’t know the “right” way to journal? If so, then check out this seven-step process for building a journaling habit that sticks.) Reasons to Keep a Daily Journal Maximizes your creativity and productivity. Planning out your days and weeks with this template can help make your day less hectic and stressful. In this video, you will discover a simple 9-step process about building habits that you can immediately implement. The time it takes to write down your reflections using this template is enough to slow things down a bit, allowing you to decompress when things feel like they’re getting out of hand. Be mindful of your breathing, and try to find your center. Having a journal helps you achieve that peace of mind you’ve been longing for so. As an Amazon Associate we earn from qualifying purchases. It also has an “hour by hour” section where you can break down the tasks for your three objectives. 10 Minutes to Reflect on Your Day via Christie Zimmer There are days when our schedules are so hectic that it’s difficult to carve out time for a full-blown journal-writing session. It is the brainchild of Savanna Williams, the owner of Digital Download Shop on Etsy.com. 8. 11. When everything within you has calmed down, take a few moments to fill in this template with the good and bad highlights of your day to put things into perspective. Some of you might think of journaling as inconvenient and time-consuming, but in reality it is quite easy and provides numerous benefits. Step back from what you are doing for a few minutes. It has all the essentials, like the day’s schedule, a health and fitness record, and a gratitude section. Daily Planner via Etsy.com If you are looking for a colorful yet simple design, this might just suit your tastes. She offers other journal services as well, such as design stickers, DIY crafts, and other journal templates. Take a 10-minute break and fill up this journal—noting your ideas, expressing your emotions, and regaining your center. Most of her journal templates are free, but you are not allowed to re-sell, distribute, or claim the original as your own. Once you've chosen a template, here are some journal prompts to inspire your writing. 2. To keep our well-being and health at an optimal level, we need to take time to address our needs and care for ourselves. Daily Journal with Bible Verse via My Life Well Loved A sense of gratitude about your experiences of the day can help put things into perspective. We hope that we were able to help you pick a daily journal template that suits your tastes. Nevertheless, it’s a good idea to gently encourage them so they’ll be able to reap the benefits of this exercise. Perhaps you want to start journaling, but do not know where to begin? You might want to include your spouse and kids in this exercise, and write down the blessings that they enjoyed during the day as well. Strengthens bonds and relationships. 9. You also don’t have to waste time remembering when the next office meeting is, or the deadline for a particular project. With this kind of journal/planner, your day will be less hectic, and you will feel more in control. A daily journal will often include things that you appreciate and are grateful for. Today’s Plan with To-Do List & Schedule via OnPlanners OnPlanners offers a variety of journaling templates and prompts. This one is customizable upon purchase, and comes in a variety of different sizes (A4, A5, letter, half-letter). Wins and Challenges of the Day via The Kitchen Table Classroom Each day has its ups and downs, and the negative experiences can contribute to feelings of discouragement, especially on days when everything seems to go wrong. 13. In addition to improved dexterity and better emotion regulation, kids who write their reflections about their daily activities reinforce the things they have learned. Like other daily journal templates, this one also has your top three priorities, things to get done, cleaning, and health and fitness elements. 14. Writing is one of the best ways to release all of your tension and pent-up anxiety. As you start this habit, you will be surprised at how it can drastically change your life, perception, and views. Career, family, and social life often take precedence over inner peace, self-love, and self-appreciation. You may also track your daily habits and see whether you were able to achieve them or not. It is available in many other versions as well, like Retro and Colorful Journal Template. They can gain a lot from writing their thoughts and feelings every day. Seeing your plans and the things you have done laid out in plain sight can make you appreciate yourself and the people around you even more. The contents of the template include the date and day, a clock face, appointments, a health record, things to get done, a schedule and to-do list, a treat for the day, things to look forward to, water intake, daily menu, and a notes section. 15. As you can see in the image above, it fits perfectly for those who are not fond of too many colorful elements in their diary or journal. This template provides you with a daily challenge to list up to 30 things that you are thankful for. A Bible verse is printed on the page to motivate you to reflect on the things that you are grateful for. As mentioned earlier, you can print and use them right away, or you can simply take inspiration from them when creating your own personalized journal. You can choose from letter size, half-letter size, A4, and A5, all in PDF format. The paid features include (but are not limited to) full access to customizable layouts and graphic files, downloadable prints in any file or format, and free standard Google fonts. 10. This post lists 215 things that you can be thankful for in life. Conclusion Keeping a daily journal clearly has tons of benefits for your mind, body, heart, and soul. When your life is organized and your emotions are clear, you feel less worried about how to handle difficult situations when they arise. In addition, it boosts creativity and inspires you to follow through with your plans. For instance, you can add a quote or affirmation that made an impact on you for the day, as well as three things you ate grateful for. This template features a number of great subjects you might want to consider adding to your daily journal routine. Daily Journal for Kids via Meaningful Mama It’s never too early to introduce kids to a journal-keeping habit. Unique features include “today’s mood,” which has a list of all the possible moods you may feel for the day, and a “shopping list” where you can write down all the essentials you need when grocery shopping. It also has a notes and inspiration section where you can doodle, scribble, or write amazing quotes. The Plan via Google This template provides a colorful way to plan and reflect on your day. 7. It has space for writing your planned menu for breakfast, lunch, and dinner.

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