

3 THINGS DAILY JOURNAL

Today is:

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY Date: _____

3 things I did today:



- 1.
- 2.
- 3.

3 words to describe how I feel today:



- 1.
- 2.
- 3.

3 things I smelled today:



- 1.
- 2.
- 3.

3 things I plan to do tomorrow:



- 1.
- 2.
- 3.

3 questions I have today:



- 1.
- 2.
- 3.

3 things I saw out my window:



- 1.
- 2.
- 3.

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3 THINGS DAILY JOURNAL

Today is:

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY Date: _____

3 things I did today:



- 1.
- 2.
- 3.

3 things that made me happy today:



- 1.
- 2.
- 3.

3 things I felt today:



- 1.
- 2.
- 3.

3 things I plan to do tomorrow:



- 1.
- 2.
- 3.

3 questions I have today:



- 1.
- 2.
- 3.

3 details I noticed today:



- 1.
- 2.
- 3.

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