

CalmCircle

FREE 7 DAY JOURNAL PRINT



JOURNEYBOOK

Facilitated by Jodie Blackshaw - JourneyBookUK



Day 1

One Word

Happiness level  

Health level ★★★★★

Day Rating   



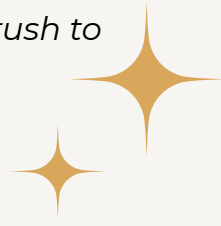
What's your biggest goal right now?

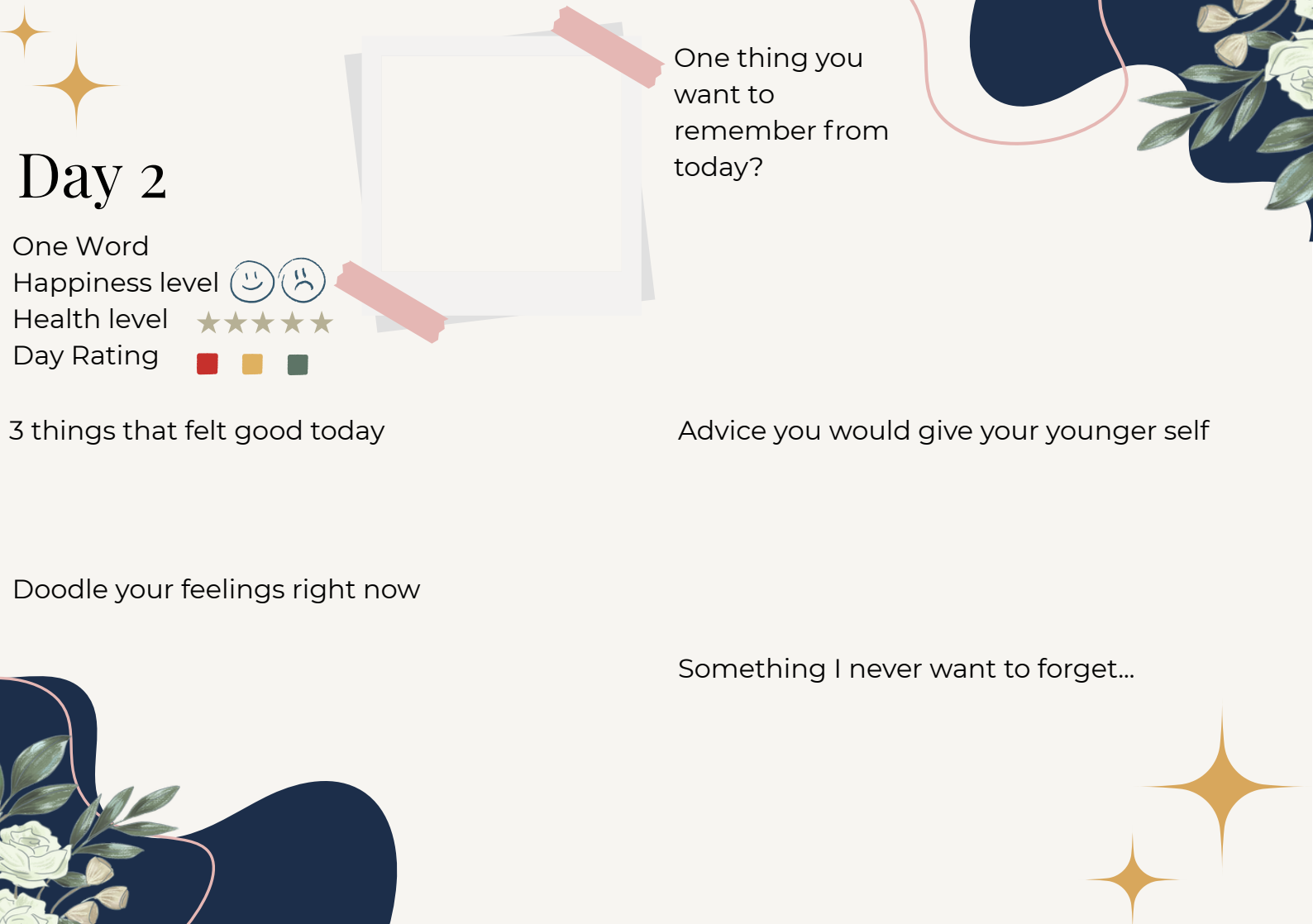
What are you proud of today?

Brainstorm list or draw 3 things that move you closer to your goal.

Doodle 3 words that make you, you

Start where you are, theres no rush to arrive.





Day 2

One Word

Happiness level  

Health level ★★★★★

Day Rating   



One thing you want to remember from today?

3 things that felt good today

Advice you would give your younger self

Doodle your feelings right now

Something I never want to forget...



Day 3

One Word

Happiness level  

Health level ★★★★★

Day Rating   



Whats your
biggest
achievement to
date?

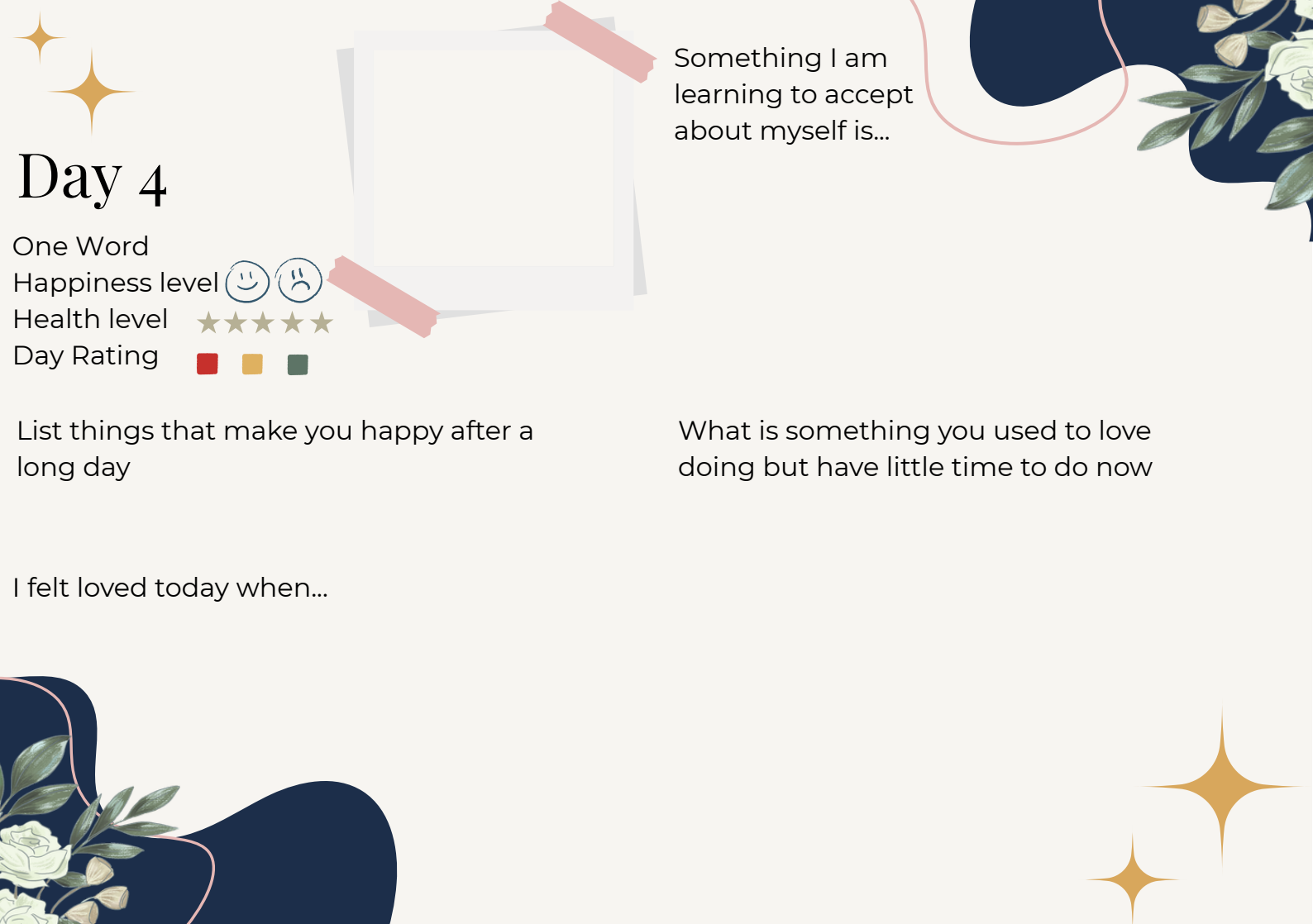


When was the last time you laughed?

How did you feel at this time in your life?

3 people who are important to you -
send a message or a note to one of
them today





Day 4

One Word

Happiness level  

Health level ★★★★★

Day Rating   



Something I am learning to accept about myself is...

List things that make you happy after a long day

What is something you used to love doing but have little time to do now

I felt loved today when...



Day 5

One Word

Happiness level  

Health level ★★★★★

Day Rating   



When was the
last time you
cried?



I am most scared of

Write as many words or phrases that bring
you joy as you can. Pick three to repeat every
morning.

What was something that brought you joy
today?



You can hold both - the fear and
the light





Day 6

One Word

Happiness level  

Health level ★★★★★

Day Rating   



What are you
most grateful
for?

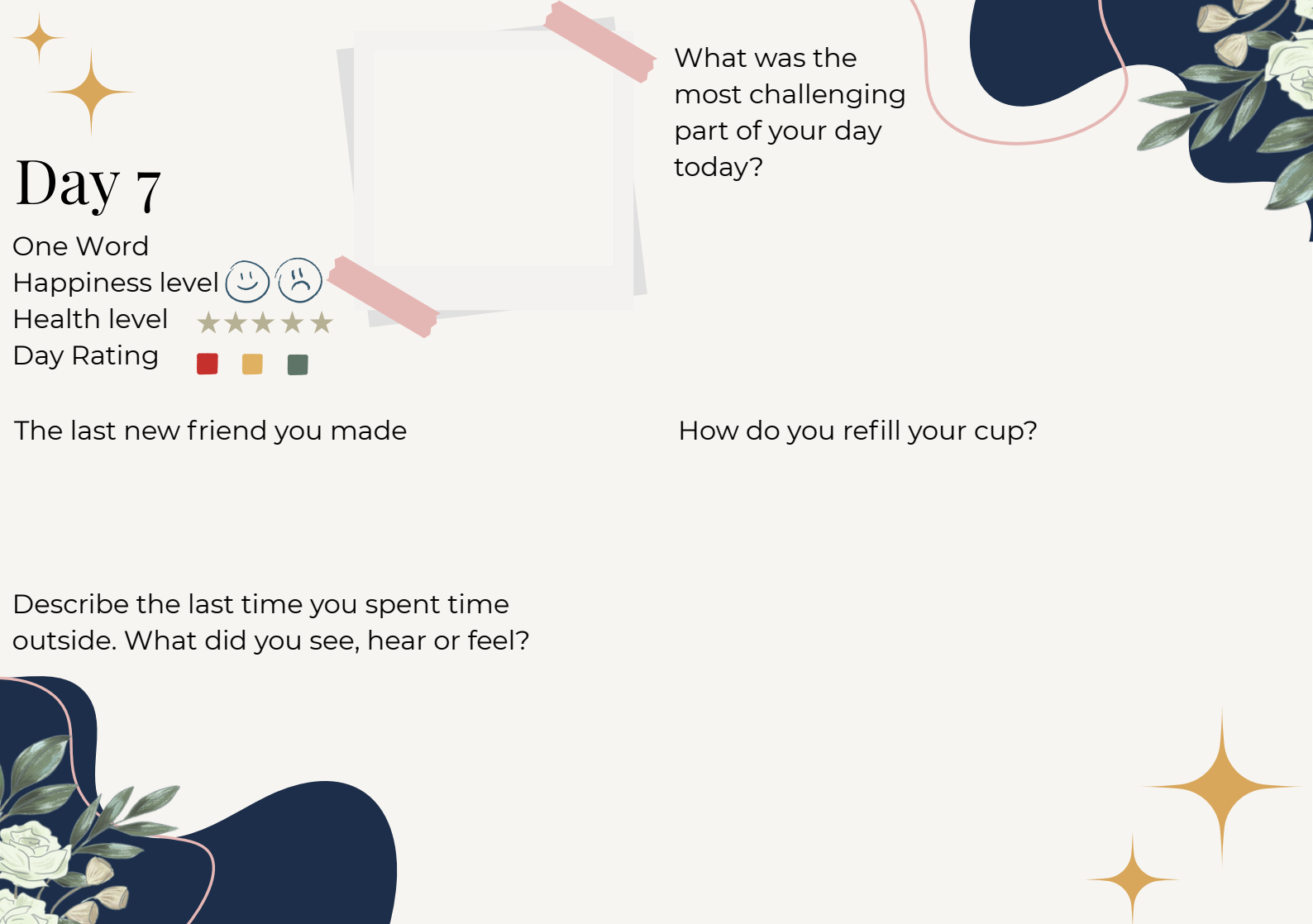


Something I love doing for myself is...

Breathe in for 4, pause and breathe out for 6.
Repeat 3 times. Think about your day and
draw or write the first thing you think or feel.

I wouldnt be able to live without....





Day 7

One Word

Happiness level 😊 😞

Health level ★★★★★

Day Rating ■ ■ ■

What was the most challenging part of your day today?

The last new friend you made

How do you refill your cup?

Describe the last time you spent time outside. What did you see, hear or feel?