



A daily page (5 minutes), a weekly page and a monthly look back. Print as many copies of each as you need. Skip days without guilt.

01 Daily page

Fill this in at the end of the day, or at any time that suits you.
Keep it short. Copy or print this page for each day you write.

Today's date:

Today's one focus (the one thing that matters most to me today):

One thing I learned today:

One thing I would do differently:

One small win, however small:

My energy and how I feel about myself today:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Very low

Very high

02 Weekly page

Once a week, take ten minutes. Read your daily pages first, then answer. You are looking for what you did, not for a mark out of ten.

The week starting:

My growth goal at the moment (one, in plain words):

Progress on that goal this week, however small:

What helped:

What got in the way:

Next week's one step (small enough to do on a bad day):

How I feel about my week:

1 2 3 4 5 6 7 8 9 10

Not good Good

03 Monthly look back

At the end of the month, read over your weekly pages. Notice what repeats. You are looking for patterns, so read first and write after.

The month of:

What changed this month, in me or in my days:

What I'm proud of:

What I learned that I want to remember:

What to drop (a habit, a goal, a way of doing things that is not working):

What to keep doing:

My one focus for next month:

04 If writing starts to feel heavy

A journal should leave you a little clearer, not stuck in a loop. If you notice you are writing the same worry again and again, or feeling worse after each entry, stop for a while and talk to someone. If low mood or stress is what is really in the way, see your GP.

If this gets heavy, the person I will talk to is:

Something that helps me reset (a walk, music, a shower, a call):

When you're done, a moment to reflect

- Which page did you find easiest to keep up, and which did you skip?
- What keeps appearing in your 'what got in the way' answers?
- What is one thing you do now that you did not do a month ago?
- What would you like to write in the 'proud of' box next month?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/self-improvement-journal



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.