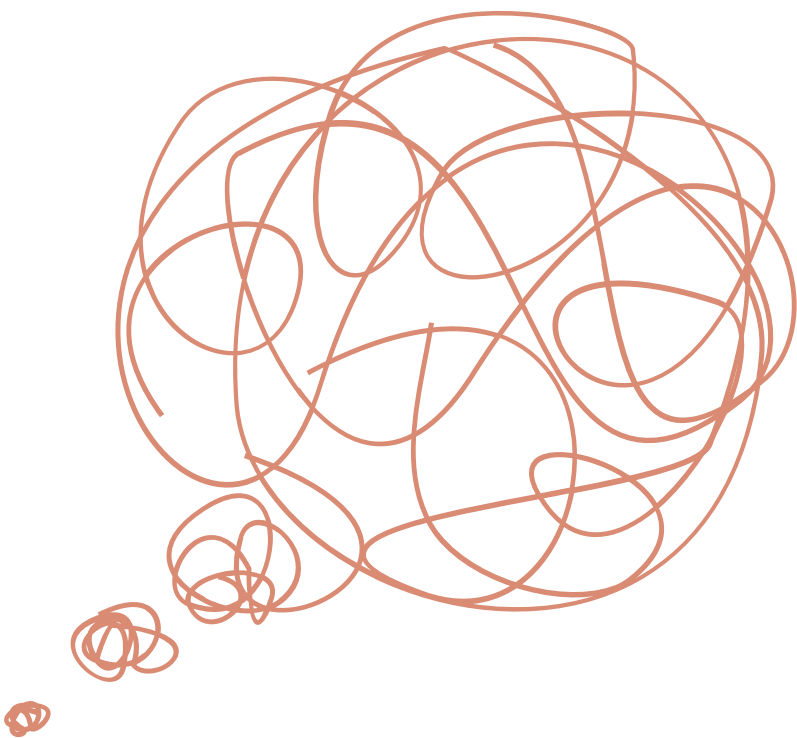


10 Minute Check-in Daily Journal

A downloadable resource from The Change Coach



The benefits of journaling

In our busy lives, it can be hard to pause and check in with how things are going. Just 10 minutes in the morning and evening can help to:

- Collect our thoughts
- Reflect on what has gone well
- Acknowledge and manage problems
- Practice daily gratitude (scientifically proven to support wellbeing!)

The Morning check-in

This page is designed to kick-start your day - setting intentions, anticipating obstacles and getting all your thoughts out on paper so you can start your day fresh and focused.

The Evening check-in

Use this page to reflect on your day, celebrate wins and brain-dump again so you can sleep with a clear mind.

The Weekly Review

At the end of each week, review what's gone well, how you have felt and where you can make some changes for an even better week next week.

This download is for 7 days, however as with all good habits, consistency is most effective! Therefore it is recommended to print enough pages for a month or even more, to see and feel results over time.

Morning check in

DAY _____

Today I want to feel:

Today I am grateful for:

Today I want to focus on:

What might prevent me from achieving this?

How can I manage this risk?

Things to remember / do

Evening check in

Day _____

Top 3 achievements of today:

What didn't go well? Why?

How can I improve tomorrow?

Brain dump

Morning check in

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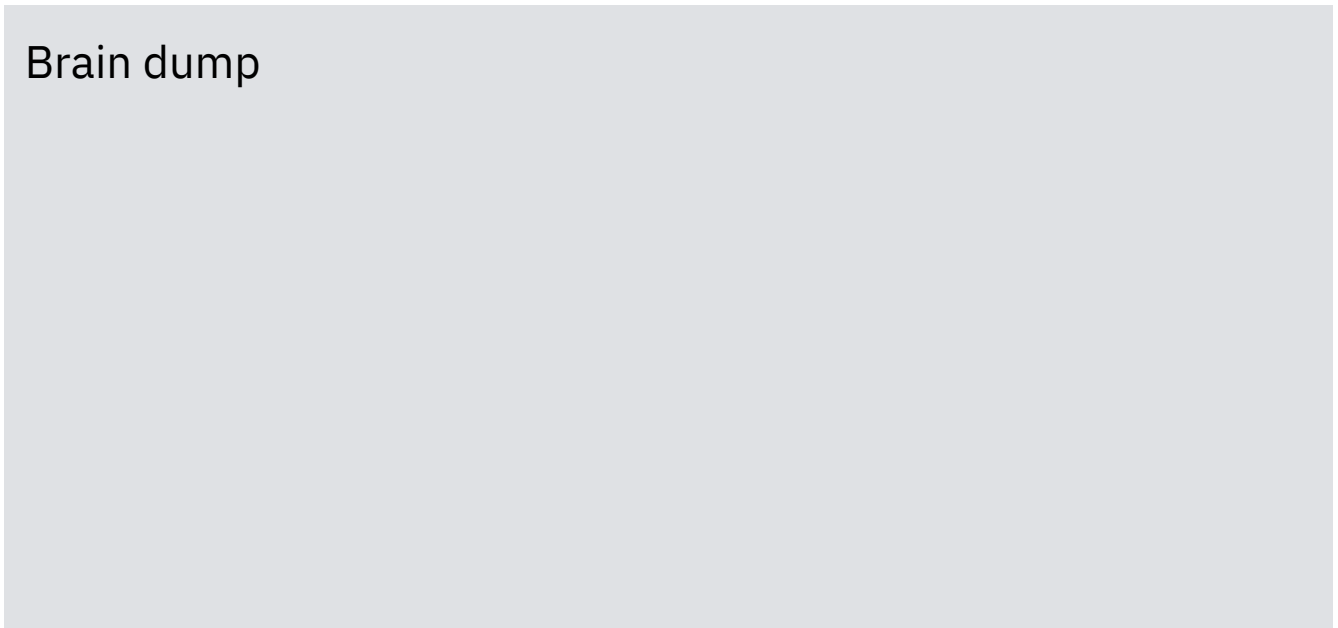
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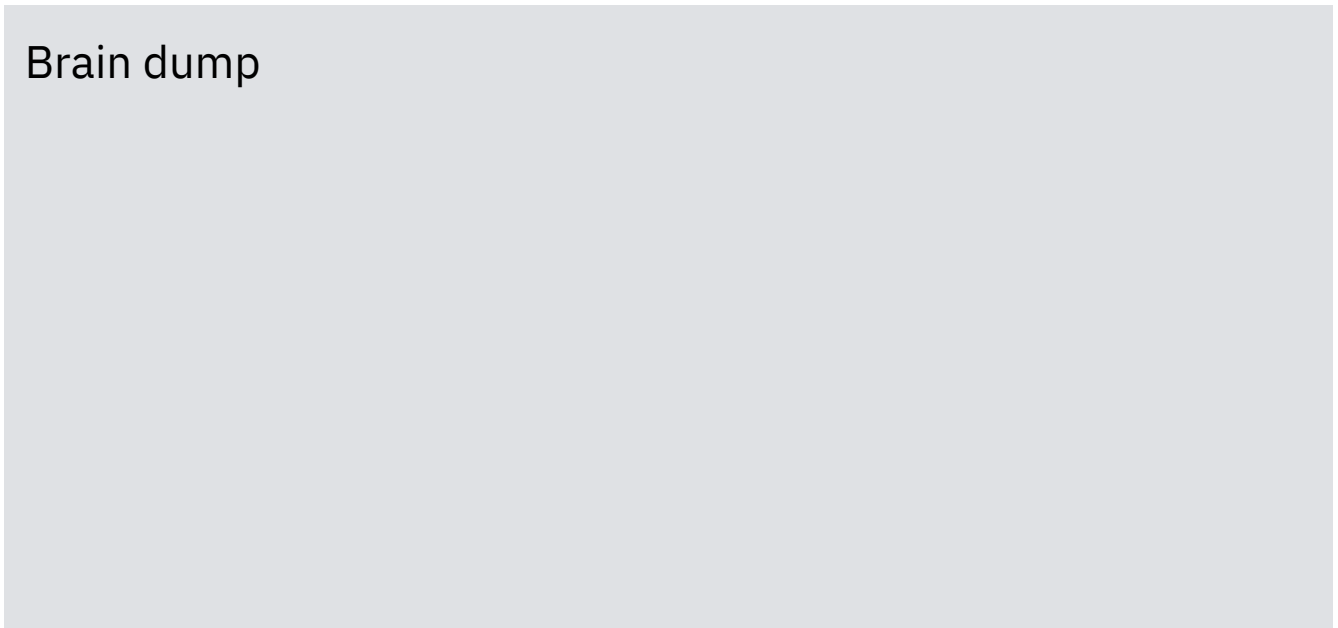
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What didn't go well? Why?

How can I improve tomorrow?

Brain dump



Weekly Review

My biggest accomplishment this week was:

The best moment this week was:

Next week my goal is:

What changes can I make next week to help me achieve this?

Thoughts & Notes

A blank sheet of white paper with horizontal ruling lines, resembling notebook paper. The lines are evenly spaced and extend across the width of the page. The paper is set against a light gray background.

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