DAILY
JOURNAL

The Clarity Project

21-DAY JOURNAL CHALLENGE

Studies have shown that journaling, especially with handwritten entries, is an effective tool for processing emotions and promoting well-being. Writing about your thoughts and feelings has been shown to reduce stress, anxiety, and depression, and improve your mood and self-awareness.

Take the Challenge: Print the pages of this personal journal to write in it for the next 21 consecutive days!

Your entries can be as long as you want them to be, with as many details as you wish to elaborate on. While there are no right or wrong ways to journal, here are a few helpful suggestions:

- Carve out at least five minutes a day for the next 21 days to write. This will help you turn it into a habit.

- Write whatever you want! This is your personal space to write down whatever is on your mind.

- Feeling stuck, undecided on what to focus your entry on? Use any of the writing prompts on the next page to guide your daily entries.

21-DAY JOURNAL CHALLENGE

Use any of these journal prompts to help you guide your journal entries as you reflect on your thoughts, feelings, and behaviors, and gain deeper insight into yourself and your motivations.

- What are 3 things I am grateful for today? Why am I grateful for them? How can I express my gratitude?
- What are my top 3 strengths? How have I used them in the past? How can I use them in the future?
- What activities make me feel the most engaged & energized?
- What are the times or situations when I experience a state of ease and "flow" where time seems to fly by?
- What was a positive or joyful experience I had today? How did it make me feel? How can I create these experiences more often?
- How have I shown kindness to others today? How has it impacted their lives or my own?
- What is something I am hopeful or optimistic about right now? Why am I optimistic? How can I maintain this optimism in the face of challenges?
- What self-care activities have I engaged in today? How have they helped me to feel more balanced or fulfilled?
- What are some short-term and long-term goals I have? How can I break them down into manageable steps? What progress have I made toward these goals recently?

Day 1 Topic or Journal Prompt:

Date:

Day 2 Topic or Journal Prompt:

Date:

Day 3 Topic or Journal Prompt:

Date:

Day 4 Topic or Journal Prompt:

Date:

Day 5 Topic or Journal Prompt:

Date:

Day 6 Topic or Journal Prompt:

Date:

Day 7 Topic or Journal Prompt:

Date:

Day 8 Topic or Journal Prompt:

Date:

Day 9 Topic or Journal Prompt:

Date:

Day 10 Topic or Journal Prompt:

Date:

Day 11 Topic or Journal Prompt:

Date:

Day 12 Topic or Journal Prompt:

Date:

Day 13 Topic or Journal Prompt:

Date:

Day 14 Topic or Journal Prompt:

Date:

Day 15 Topic or Journal Prompt:

Date:

Day 16 Topic or Journal Prompt:

Date:

Day 17 Topic or Journal Prompt:

Date:

Day 18 Topic or Journal Prompt:

Date:

Day 19 Topic or Journal Prompt:

Date:

Day 20 Topic or Journal Prompt:

Date:

Day 21 Topic or Journal Prompt:

Date:

21-DAY JOURNAL CHALLENGE

Congratulations on completing the challenge! As you wrap up this exercise, consider the journal prompts below and use whichever one(s) that resonate with you to write your final thoughts on the next page.

- What did I learn about myself during this 21-day challenge? What insights or realizations did I gain?
- How did journaling impact my mood, stress levels, or my overall well-being during this challenge? What changes or improvements did I notice?
- Which journal prompts resonated with me the most during this challenge? Why did they stand out to me, and what did I gain from exploring those topics?
- Did I notice any patterns or themes in my journal entries over the course of the challenge? What do those patterns tell me about my thoughts, feelings or behaviors?
- What challenges or obstacles did I encounter during the challenge, and how did I overcome them?
- How can I continue to incorporate journaling into my daily routine moving forward? What outcomes and benefits do I hope to gain by continuing this practice?
- What new goals or aspirations have surfaced for me during the course of this challenge? How can I use what I've learned about myself to take positive action towards those goals?

Final Journal Challenge

Date:

Thoughts:

21-DAY

Journal Challenge

www.WellSourceDevelopment.net/ClarityProject