



DAILY JOURNAL

A QUIET MOMENT TO NOTICE WHAT MATTERS.

ORIGIN

Two brief visits to the page

Morning: write the date and one thing you would like to give attention to. Choose something you can recognise: ask a useful question, make room for a task or notice a detail on your walk.

Evening: record what you noticed. Keep observations and interpretations separate where useful. Name a detail worth keeping and something that can wait until tomorrow. You do not have to make every day sound positive.

Every seven entries: use a short review. Look at your actual notes rather than trying to remember the whole week. The last review covers six entries. These are groups of pages, not calendar weeks you must complete on schedule.

For the digital edition, use a PDF reader that supports form filling and saving. Keep entries brief and save your own copy. A guide is included at the end of the digital file. You can also print and write by hand.

What I would like this journal to make room for

Find your way back

Use this index to return to a group of entries. Add a date or a few words that help you recognise it. The day labels count journal entries, not consecutive calendar dates.

Entries	Review page	Dates / a few words
1-7	14	
8-14	22	
15-21	30	
22-28	38	
29-35	46	
36-42	54	
43-49	62	
50-56	70	
57-63	78	
64-70	86	
71-77	94	
78-84	102	
85-90	109	

Day 07

Date

Morning / one thing I want to give attention to

Evening / what I noticed today

A detail worth keeping

What I can leave until tomorrow
