

JOURNAL



WORKBOOK

BY M.E JOURNALS

Welcome!

Welcome to the Journal Workbook!

This workbook is designed to be your guide on the journey of self-discovery, clarity, and creativity through journaling. Whether you're new to journaling or looking to deepen your practice, this workbook will provide you with the tools, prompts, and techniques you need to make journaling a meaningful part of your life.

Inside, you'll find exercises that will help you reflect on your thoughts, set goals, and unlock your creative potential.

Let's get started on this path of self-exploration—one page at a time!

Let's Do This!



M.E Journals wants to help you to Create Healthy Habits by Journaling in a way that works for you!

We all need to Reflect!

Let's create healthy habits one at a Time !

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What are my primary reasons for wanting to start journaling regularly?

What time of day works best for me to incorporate journaling into my routine?

How far or how long do I want to journal each day?

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Do I want written or a digital Journal?

Do I have the apps or notebook and pens start?

How can I make my journaling more enjoyable and motivating?

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What obstacles might prevent me from journaling daily, and how can I overcome them?

Will I track my progress and stay accountable?

What are my short-term and long-term journaling goals?

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How will I reward myself for reaching my journal milestones?

Can I journal everyday? If not, how often will I journal?

Will I get journal prompts or free write?

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What will I do on the days I have no motivation?

Have you set a reminder for your journalling?

Have you bought a pretty journal or have a notebook you can use?

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What time of the day can I fit my journalling in?

Will I light a candle or put on music when journaling?

Will I make tea or drink water?

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Do you want to journal in private or in a cafe?

Start Simple ; What made me smile today?

What am I grateful for right now?

30 DAY JOURNAL CHALLENGE

START DATE: _____

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WANNA LEARN MORE?

Would you like to create more healthy habits ?

We'd love to hear from you!

Your journey towards journaling daily is unique, and your experiences and insights can inspire and help others.

Connect with us to share your progress, ask questions, or seek personalized advice.

Join our community of Habit Heroes on our social media platforms, or drop us an e-mail.

Together, we can support each other, celebrate successes, and tackle challenges, ensuring everyone enjoys the life they deserve.

Let's stay connected and make this journey a collaborative and uplifting experience!