

1-2-3 DAILY JOURNAL



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I-2-3 DAILY JOURNAL



DATE: _____

ONE THING TO REFLECT ON

(What stood out today? A lesson learned, an unexpected moment, or something you need to process?)

TWO HIGHLIGHTS FROM TODAY

(Two people, moments, or experiences worth remembering.)

THREE THINGS I'M GRATEFUL FOR

(Always end with gratitude!)

NOTES / ADDITIONAL THOUGHTS:

Journaling is your space to reflect, process, and grow. Keep it simple, be consistent, and enjoy the journey!