One-Sentence Journal

One sentence is enough. Write one kind, specific line each night - consistency beats perfection.

1) Today felt a little better when I...

2) One small thing I handled well was...

3) I am grateful for this tiny, ordinary detail...

4) A feeling I noticed (and survived) was...

5) One helpful thought I want to remember is...

6) A kind thing I did for my body was...

7) Tomorrow will feel lighter if I...

Nightly Checkmarks

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Progress over perfect. One line counts. - @joyfullyweird