

A Month of Pages

One question a day. Write for ten minutes, or one honest line. Tick the box when done.

- | | | | | | |
|----|--|--------------------------|----|---|--------------------------|
| 01 | What do I want more of this month, and what do I want less of? | ☐ | 17 | Who are the five people I spend the most time with, and how do they shape me? | ☐ |
| 02 | Describe a perfect ordinary day: not a vacation, just a good Tuesday. | ☐ | 18 | What fear has been quietly making my decisions lately? | ☐ |
| 03 | What is something I keep putting off, and what is the smallest first step? | ☐ | 19 | Write about a place that feels like home and why. | ☐ |
| 04 | Write a letter to yourself one year from now. | ☐ | 20 | What habit would make the biggest difference if I kept it for a year? | ☐ |
| 05 | Which three words do I want people to use when they describe me? | ☐ | 21 | What did I love doing as a child that I could bring back? | ☐ |
| 06 | What drained my energy this week, and what gave it back? | ☐ | 22 | Describe a mistake that turned out to be useful. | ☐ |
| 07 | When did I last feel completely at ease? Where was I? | ☐ | 23 | What would I like to learn just for the joy of it? | ☐ |
| 08 | What is a belief I held five years ago that I no longer hold? | ☐ | 24 | How do I want to feel when I wake up tomorrow? What would help? | ☐ |
| 09 | List ten things that make me feel like myself. | ☐ | 25 | What is something I need to forgive, in myself or someone else? | ☐ |
| 10 | What would I do this weekend if no one was watching or judging? | ☐ | 26 | List the compliments I remember. Why did they stick? | ☐ |
| 11 | What advice would I give to a friend in my exact situation? | ☐ | 27 | What does rest actually look like for me, not what it is supposed to look like? | ☐ |
| 12 | Describe a small moment from today in as much detail as I can. | ☐ | 28 | What is one boundary I want to set, and how would I say it? | ☐ |
| 13 | What am I proud of that nobody else knows about? | ☐ | 29 | If this month were a chapter in a book, what would its title be? | ☐ |
| 14 | Where in my life am I saying yes when I mean no? | ☐ | 30 | What surprised me about myself this month? | ☐ |
| 15 | What does "enough" look like for me: money, work, time, things? | ☐ | 31 | What am I carrying into next month, and what am I leaving behind? | ☐ |
| 16 | Halfway through the month. What is working? What is not? | ☐ | | | |

What do I want more of this month, and
what do I want less of?

01

ONE WORD FOR TODAY _____

Describe a perfect ordinary day: not a vacation, just a good Tuesday.

02

ONE WORD FOR TODAY _____

What is something I keep putting off, and
what is the smallest first step?

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ONE WORD FOR TODAY _____

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Which three words do I want people to use
when they describe me?

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ONE WORD FOR TODAY _____

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what gave it back?

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Where was I?

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ONE WORD FOR TODAY _____

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ONE WORD FOR TODAY _____

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ONE WORD FOR TODAY _____

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ONE WORD FOR TODAY _____

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ONE WORD FOR TODAY _____

Where in my life am I saying yes when I mean no?

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ONE WORD FOR TODAY _____

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money, work, time, things?

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ONE WORD FOR TODAY _____

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Who are the five people I spend the most time with, and how do they shape me?

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ONE WORD FOR TODAY _____

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ONE WORD FOR TODAY _____

What habit would make the biggest difference if I kept it for a year?

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ONE WORD FOR TODAY _____

What did I love doing as a child that I could bring back?

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ONE WORD FOR TODAY _____

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ONE WORD FOR TODAY _____

What would I like to learn just for the joy of it?

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ONE WORD FOR TODAY _____

How do I want to feel when I wake up tomorrow? What would help?

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ONE WORD FOR TODAY _____

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myself or someone else?

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ONE WORD FOR TODAY _____

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ONE WORD FOR TODAY _____

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ONE WORD FOR TODAY _____

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ONE WORD FOR TODAY _____

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what would its title be?

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ONE WORD FOR TODAY _____

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What am I carrying into next month, and
what am I leaving behind?

31

ONE WORD FOR TODAY _____