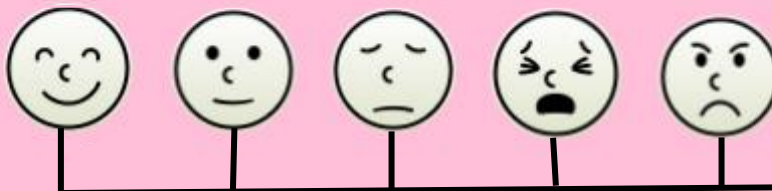


Journal Layout for Beginners



Weekly To Do List: Plan a weekly to do list for each day of the coming week. This will help you keep on top of all the important tasks that you need to get through, giving your week structure and focus!

Happy Content "Meh" Upset Angry



Mood Trackers:

Add a mood tracker section to your journal! It can help to connect and track feelings to tasks and activities completed throughout the week. This will allow you to better understand your mood triggers. Drawing emojis are a fun and simple way of tracking different emotions during the day (you can even jot down, in this section, possible mood triggers). Review your mood tracker at the end of the week. You might decide that next week you want to change repeat tasks or the way that you carry them out, to better improve your mood.

Check it off!

Create a system where you check off completed tasks for added satisfaction. If you can't complete a task, review it! Place it on hold, reschedule or remove it from your task list.



Colouring Breaks:

Colouring breaks not only look cool, but they also give you a colouring task to complete throughout the week. Colouring is great for reducing stress, giving you one sole task to focus on. You become less focused on other stressors!

Coloured Tape & Highlighters:

Tape & highlighters add a pop of colour to your layout. Try changing the colour theme of your weekly layout once a month!