

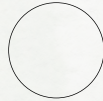
Date: \_\_\_\_\_

# A Journal for Ordinary Days

Sleep/ Rest Tracker



How I Feel



Space for Creativity  
(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

Today's moments to remember:

How I saw or experienced God today:

What I am still thinking about, questions, concerns: