

MY JOURNAL





BULLET JOURNAL

MONTH: _____

MON

Three horizontal dashed lines for writing on Monday.

TUE

Three horizontal dashed lines for writing on Tuesday.

WED

Three horizontal dashed lines for writing on Wednesday.

THU

Three horizontal dashed lines for writing on Thursday.

FRI

Three horizontal dashed lines for writing on Friday.

SAT

Three horizontal dashed lines for writing on Saturday.



PRIORITY
Three horizontal dashed lines for writing.

CHECKLIST
Five horizontal dashed lines, each preceded by a small leaf icon.

HABITS

	S	M	T	W	T	F	S
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES
A large empty rectangular box for writing notes.

DATE: / /

Self-Reflection & Awareness

What are three things I'm grateful for today?

1.

2.

3.

What are three improvements I'd like to make in my business?

1.

2.

3.

What simple steps can I take toward accomplishing those goals?

What does my ideal future as a small business owner look like?

“You can't pour from an empty cup—take care of yourself first.”