



Better Human Journal

Record your **ideas**, your **inspiration**, & your **actions** here

Date: _____

1 What will I do today to be a better human?

2 Who will I help today?
Why them?

3 What do I hope to accomplish?

4 How will this make me a better human?

Better Human Journal

Record your **reflections** and
plans here

5

What was the impact on them?

6

What was the impact on me?
What did I feel?

7

What am I planning next?