

# Daily Journaling

Spend about 10 minutes each day journaling.  
It will feed and heal your body, mind and soul

## Summary

### **Start with a summary of the day.**

What is happening and how do you feel about it? Let your words flow without worry about spelling or grammar. This is not for anyone else to read. It is only for you. Include all of your senses.

## Gratitude

### **List three things you are grateful for.**

It doesn't have to be big huge things, and it could be the same as yesterday. You might be grateful for your health, the sunshine, a cup of coffee or someone in your life. List three things every day. Expressing gratitude begins the process of acknowledging what you have in your life.

## Intention

### **Set your daily intention**

How are you going through the day ahead of you? Considering what is upcoming and how you want to approach it, what word describes that? Love, peace, playful, healing or with joy.