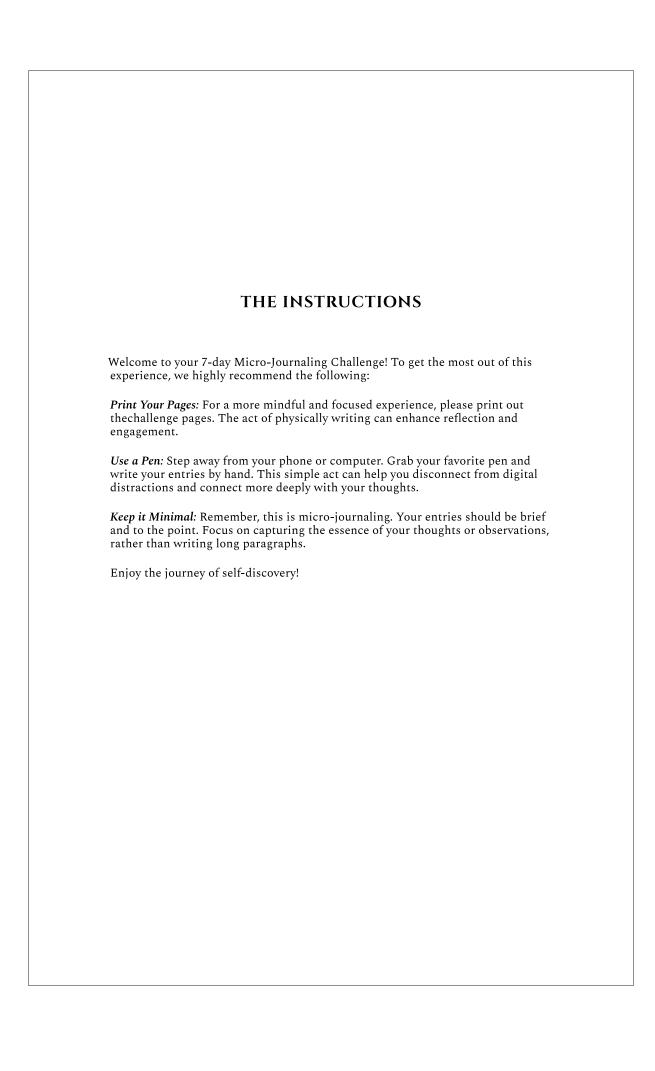




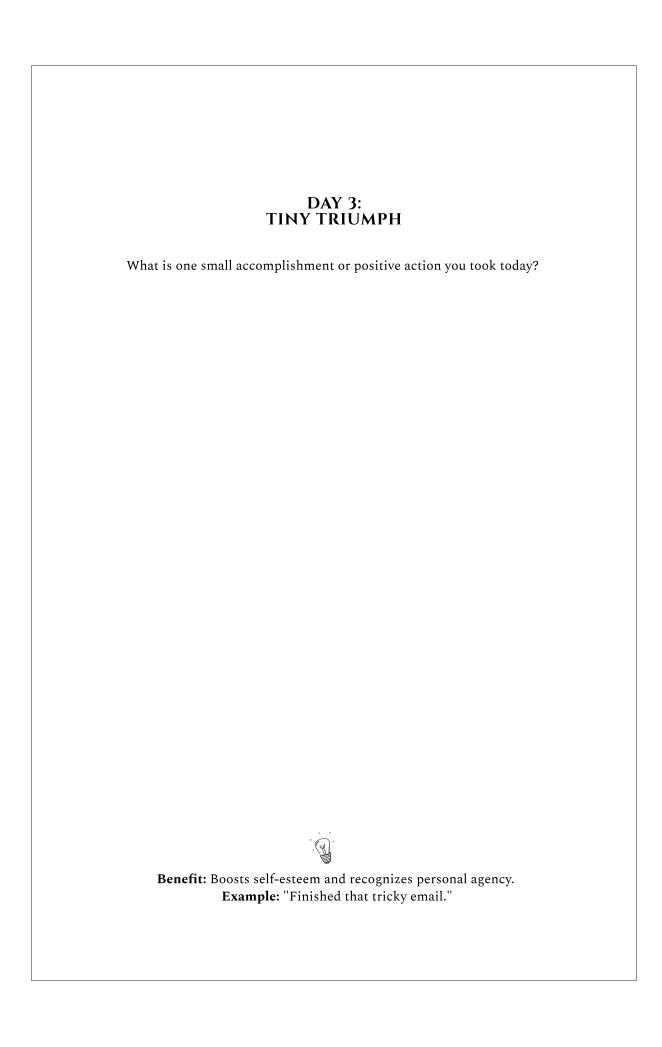


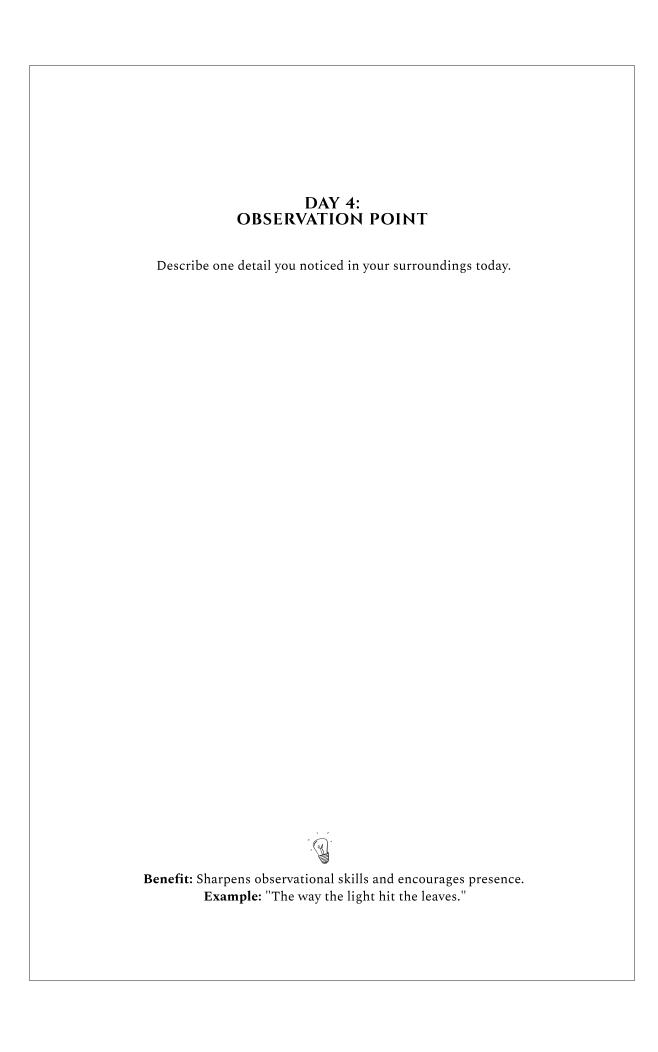
THE CHALLENGE	
This challenge is designed to introduce you to the benefits of micro-journaling through simple, focused daily prompts.	
Each entry should be minimal, capturing the essence of your thoughts or	
observations in a few words or a short sentence. Happy Micro Journaling.	



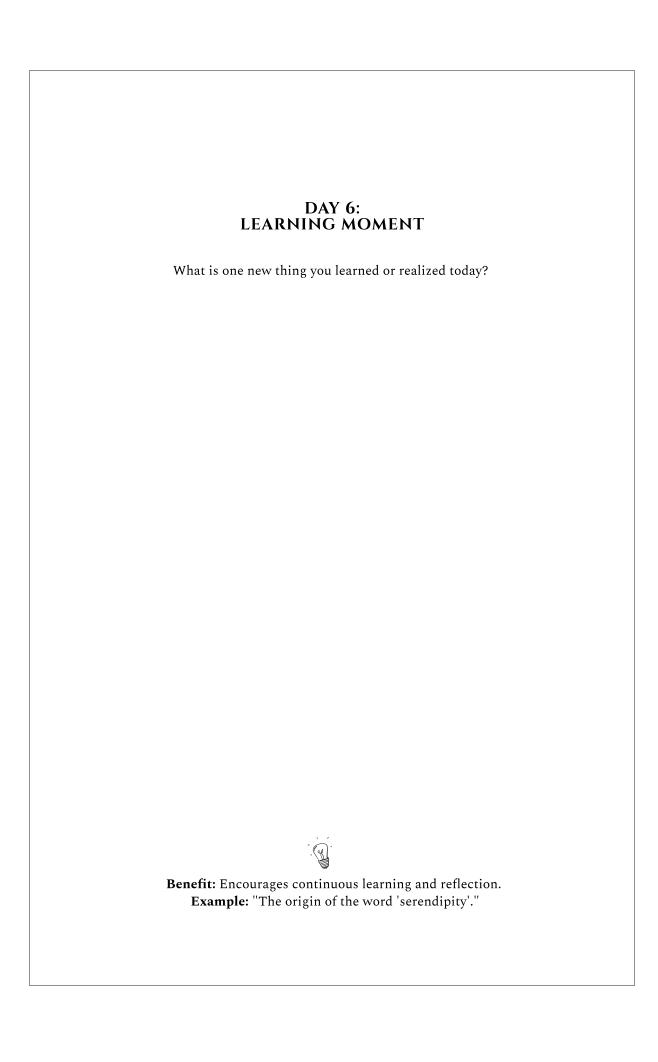
# DAY 1: GRATITUDE SNAPSHOT What is one small thing you are grateful for today? **Benefit:** Cultivates mindfulness and appreciation for everyday moments. **Example:** "Warm coffee on a chilly morning."

# DAY 2: EMOTION CHECK-IN How are you feeling right now, in one word or a short phrase? Benefit: Enhances self-awareness and emotional processing. Example: "Calm and focused."





### DAY 5: FUTURE FOCUS (MICRO-GOAL) What is one tiny step you can take towards a goal tomorrow? **Benefit:** Promotes clarity, intentionality, and reduces overwhelm. **Example:** "Outline first paragraph of report."



## DAY 7: REFLECTION & INTENTION What is one feeling you want to carry into tomorrow, and why? **Benefit:** Consolidates positive emotions and sets a positive tone for the future. **Example:** "Peace, because it helps me think clearly."

### CONGRATULATIONS ON COMPLETING THE CHALLENGE

You've successfully completed a week of mindful micro-journaling! We hope this challenge has helped you:

Cultivate greater self-awareness: By regularly checking in with your thoughts and feelings.

Appreciate the small moments: By focusing on gratitude and positive observations.

Recognize your accomplishments: By acknowledging your daily triumphs, no matter how small.

Gain clarity and focus: By briefly outlining your intentions and learning moments.

Remember, micro-journaling is a flexible and powerful tool that can be easily integrated into your daily life. There's no right or wrong way to continue.

You can:

Continue with the prompts: Revisit your favorite prompts or create new ones.

*Free-form micro-journal:* Simply jot down a few words about your day, a feeling, or an observation.

Integrate it into your routine: Find a consistent time each day to practice, even if it's just for a minute.

The most important thing is to keep the practice going in a way that feels authentic and beneficial to you. Your micro-journal is a unique record of your journey, one small entry at a time.

Keep exploring, keep reflecting, and keep growing!

