



Journal to *joy*

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Journaling - Habit Tracker

Here is a way to create accountability for establishing your new habit of journaling for joy. It takes more than one day to create a lasting transformation in how you think and feel. Commit to at least a month and see where it takes you!

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Week 1

How I felt this week _____

Week 2

How I felt this week _____

Week 3

How I felt this week _____

Week 4

How I felt this week _____
