

3-2-1 Journaling Template

Date: _____

3 Things I'm Thankful For

1. _____
2. _____
3. _____

2 Things I'm Excited About Today

1. _____
2. _____

1 Thing I Will Accomplish Today

My focus for today - why it matters and how it will make a difference

Reflection At End of Day



WRITING REFLECTION

✨ How did my day go?

🎯 Did I accomplish my one goal?

➔ What will I continue tomorrow and how will it support my growth?

💛 What am I most thankful for about today's learning outcome?
