

## 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*

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## Reflection At End of Day



WRITING REFLECTION

✨ How did my day go?

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🎯 Did I accomplish my one goal?

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

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

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