

YOU'VE GOT THIS!

365 Days of Confidence, Happiness, Hope & Personal Growth

THINK IT. WRITE IT. DO IT.

SFCN Public Library

12 monthly themes · 52 weekly challenges · 365 daily entries · goal worksheets · habit trackers ·
confidence builders · 365 wins tracker · year-end reflection

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Start Here

This is not a journal you have to be perfect at. There is no streak to protect and no grade at the end. It is a year of small daily moves, and it works whether you fill in every line or only the ones you need.

Miss three days? Come back. Miss two weeks? Come back. Have a bad day? Write about it. Have an amazing day? Celebrate it. The goal is not perfection. The goal is progress.

How this journal is built

12 monthly themes so the year moves somewhere instead of repeating itself.

52 weekly challenges with a weekly check-in at the end of each one.

365 daily entries, each with a thought, a question, an action, writing space, and a win.

Monthly resets at the start of each month and **celebration pages** at the end.

Goal and dream worksheets, habit trackers, confidence builders, gratitude pages, and bad day pages.

365 Wins: a running list of everything you did this year, big and small.

A year-end reflection that shows you exactly how far you came.

The five parts of every day

- **Today's Thought** — a short piece of encouragement to carry with you.
- **Today's Question** — something to think about honestly.
- **Today's Action** — one small thing to actually do.
- **Write It Down** — your space, your words, no rules.
- **Today's Win** — one thing you did that you are proud of.

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That is the whole method. Most journals stop at thinking and writing. This one asks for one small action every single day, because doing is what actually changes how you feel about yourself. Some days the action will take two minutes. Do it anyway. Two minutes repeated 365 times is a different life.

A few honest rules

- You can start on any date. Day 1 is whatever day you open this.

- You do not have to answer every prompt. One line counts.
- Small wins are still wins. “I got out of bed” belongs on the list.
- If a day is too heavy, go to the **When Today Isn't A Good Day** pages near the back.
- Nothing here is medical advice. If you are struggling badly, talk to a professional too. In a crisis, call or text **988** in the US, or your local emergency number.

FREE SAMPLE

Before Day One

Answer these six lines before you start. Come back to this page in December.

Why I am starting this journal

How I feel about my life right now, honestly

What I want to be different in twelve months

What usually stops me

What I will do differently when I miss a few days

One sentence I want to be able to say next December

YOU'VE GOT THIS.

A Look Inside

This free sample shows the opening pages, one weekly challenge, three daily entries, and one weekly check-in. The full journal contains all 365 days, 52 weekly challenges, 12 monthly themes, goal worksheets, habit trackers, confidence builders, gratitude pages, bad day pages, the 365 Wins tracker, and the year-end reflection.

FREE SAMPLE

JANUARY

NEW BEGINNINGS

This month is about starting, not about starting perfectly. Anything you begin this month counts.

THINK IT. WRITE IT. DO IT.

FREE SAMPLE

My Monthly Reset

January · New Beginnings. Fill this in before the month starts moving without you.

THIS MONTH I WANT TO...

THREE THINGS I WANT TO ACCOMPLISH

SOMETHING I WANT TO STOP DOING

SOMETHING I WANT TO START DOING

SOMETHING I WANT TO LEARN

SOMETHING THAT WOULD MAKE ME HAPPIER

HOW I WILL LOOK AFTER MYSELF THIS MONTH

WEEK 1

The Positive Mind Challenge

Every time you catch a harsh thought about yourself this week, write it down and answer it fairly.

How to run this week

Write the challenge somewhere you will see it every morning.

Do the smallest honest version on the days you have nothing left.

Tick each day below. Missing one day does not end the week.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

WHY THIS CHALLENGE MATTERS TO ME

WHAT COULD GET IN THE WAY, AND MY PLAN FOR IT

MY NOTES THROUGH THE WEEK

January • New Beginnings

You don't need permission to begin.

What is one thing you want this year to be different about?

Write today's date at the top of this page and say out loud, "I started."

January • New Beginnings

A beginning does not have to be impressive to be real.

What have you been waiting for the perfect moment to start?

Spend ten minutes on the thing you have been waiting to start.

January • New Beginnings

You are allowed to want more for your life.

If nothing was stopping you, what would you go after?

Write down one want you have never said out loud.

Weekly Check-In · Week 1

Five short answers. This is the page that turns seven days into something you can learn from.

WHAT DID I ACCOMPLISH?

WHAT CHALLENGED ME?

WHAT MADE ME HAPPY?

WHAT DID I LEARN?

WHAT DO I WANT TO IMPROVE NEXT WEEK?

I AM CAPABLE.

Get the full journal

YOU'VE GOT THIS! — 365 Days of Confidence, Happiness, Hope and Personal Growth is available in the SFCN Public Library at sfcnations.com/library/youve-got-this-journal.

What is in the full journal

365 daily entries, each with a thought, a question, an action, writing space and a win

52 weekly challenges with weekly check-ins

12 monthly themes, monthly resets and end-of-month celebrations

Dream and goal worksheets with 30, 90, 180 and 365-day goals

Habit trackers, confidence builders, gratitude pages and bad day pages

The 365 Wins tracker and the year-end final reflection

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