

Date	Day	Section	Your Notes
	Day 1	 Today's Emotion Check-in	
	Day 1	 What Sparked Your Curiosity?	
	Day 1	 What Did You Try or Explore Today?	
	Day 1	 What Was Uncomfortable, and What Did You Learn From It?	
	Day 1	 What's One Small Step You'll Try Tomorrow?	
	Day 1	 Reflective Thought or Quote	

	Day 2	 Today's Emotion Check-in	
	Day 2	 What Sparked Your Curiosity?	
	Day 2	 What Did You Try or Explore Today?	
	Day 2	 What Was Uncomfortable, and What Did You Learn From It?	
	Day 2	 What's One Small Step You'll Try Tomorrow?	
	Day 2	 Reflective Thought or Quote	

	Day 3	 Today's Emotion Check-in	
	Day 3	 What Sparked Your Curiosity?	
	Day 3	 What Did You Try or Explore Today?	
	Day 3	 What Was Uncomfortable, and What Did You Learn From It?	
	Day 3	 What's One Small Step You'll Try Tomorrow?	
	Day 3	 Reflective Thought or Quote	