

FIVE YEAR JOURNAL

Journal Date Range

____ / ____ / ____ To ____ / ____ / ____

Contact Information

ONE BOOK = FIVE YEARS

This book is an easy-to-adopt journaling system focused on personal growth over a five-year period. Each day, you respond to a prompt with just 2-3 lines of writing. As the years go by, you revisit the same prompts and record your new responses. This approach allows you to see how you've evolved over time, making it fun and exciting to compare your answers from previous years. By the end, you will have documented five years of your life, creating a valuable part of your personal legacy.

WRITING TIPS & TRICKS

- **Be Specific:** Provide detailed responses to prompts to make your entries more meaningful and interesting to read later on.
- **Reflect on Recent Experiences:** Keep answers relevant to your current feelings or recent events for authentic reflections. It can be helpful to remember that these responses will be read in a year from now, and you want to see how you have changed.
- **Challenge Yourself:** Try covering your previous entries before writing your new response. This can reveal how your thoughts have changed or stayed the same.
- **Avoid Repetition:** If prompts are similar, answer them from different perspectives to keep entries fresh. For example, if asked about your favorite food and what excites you, avoid repeating “sushi” for both.
- **Start Anytime:** No need to wait for the beginning of the year. Start writing whenever you get the journal and don't stop.
- **Make it a Habit:** Keep the journal close and incorporate it into your daily routine to maintain momentum. Even short responses help build consistency. Writing daily prevents falling behind and feeling overwhelmed.

1

JANUARY

What is the most important goal you want to achieve this year?

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2

JANUARY

What has recently brought you joy?

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3

JANUARY

**What aspects of your life feel complex right now,
and how might you simplify them?**

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4

JANUARY

**A bucket list includes things you want to accomplish in your lifetime.
What is one item you'd like to add?**

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5

JANUARY

What new experience or activity have you tried recently?

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