

A Guide to Daily Journaling

How to turn five minutes of honest writing into something you can actually use.

Why Journal?

Journaling is a simple way to move what is happening inside you — the thoughts, feelings, tensions, and questions — onto paper, where you can look at them with a little more distance.

- **Processing:** Writing about an experience helps you organise it. Thoughts that feel overwhelming in your head often become more manageable on paper.
- **Noticing patterns:** Consistent entries reveal what triggers difficulty, what helps you cope, and where your energy is going.
- **Staying honest:** Five minutes of truthful reflection each day keeps you connected to what is really happening.

How to Approach Your Journal

- **Be honest, not impressive:** This is for you. Write without filtering, performing, or judging what comes out.
- **Focus on the "what" and "how":** Instead of only listing events, notice what you felt, how you responded, and what you needed.
- **Imperfection is fine:** Bullet points, fragments, messy handwriting — all acceptable. The goal is clarity, not craft.

Building a Routine

- **Anchor it to something you already do:** Write after your morning coffee, during your commute, or before bed.
- **Start with the prompts:** The worksheet on the next page gives you somewhere to begin. Do not stare at a blank page hoping for a breakthrough.
- **Protect the space:** Five uninterrupted minutes is enough. Put your phone on silent and give yourself permission to pause.

The Jenora Reflection Method

The prompts on the next page follow a simple structure used throughout the Jenora system:

Notice — What happened? **Understand** — What may have shaped it? **Adjust** — What will I try? **Review** — What did I learn?

You do not need to use all four stages every day. Some days, simply noticing is enough.

Take your journaling further

The Jenora app brings your reflections into a daily system — tracking your check-ins over time, connecting them to your personal plan, and helping you notice what patterns may be emerging. It is not a replacement for writing by hand. It is a way to see the bigger picture your daily entries are building.

Start your daily journal at jenora.com

Daily Reflection Worksheet

Date: _____

NOTICE

1. What happened today?

Describe your day briefly. What events, interactions, or moments stood out?

2. What did you notice inside yourself?

What feelings, physical sensations, or repeating thoughts were present?

UNDERSTAND

3. What may have shaped how the day went?

Consider: sleep, stress, unmet needs, relationships, expectations, what you were carrying beforehand.

4. What helped today, even slightly?

A person, a choice, a routine, a pause, a moment of honesty.

ADJUST

5. Is there anything you need to repair, address, or ask for?

An apology, a conversation, a boundary, a request for help.

6. What is one adjustment worth trying tomorrow?

Keep it specific and small enough to actually do.

Track and discover your patterns

Log your reflections in the Jenora app to connect your daily entries to your personal plan and notice what patterns may be emerging over time.

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