

Micro-Journals

Meaningful on the days that need it. Daft on the days that need that instead.

Meaningful

For the days you want to look a little closer

What did you protect today, even in a small way?

Name one assumption you let go of this week.

Who noticed you today, and what did they notice?

What is taking up more space in your head than it deserves?

Write the sentence you needed to hear this morning.

What did you almost say, but didn't?

Where did you find five quiet minutes, and what did you do with them?

What would you tell yourself this time last year?

Daft

For the days you'd rather not, thank you

Describe your ideal Wednesday in embarrassing detail.

What would your pet say about your work habits?

If your most recent mood were a weather system, what would it be, and what damage would it cause?

What snack are you fiercely loyal to, and why does it deserve that loyalty?

Draft the opening line of the memoir your inbox would write about you.

What is the most unreasonable thing you have said to a printer?

Invent a holiday for something you did today that nobody else would celebrate.

What embarrassing song has been stuck on repeat in your head today?

Print it. Stick it on the fridge. Pick a column, pick a day.

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