

Today I Noticed



A moment that stayed with me: _____



What I felt: _____



Why I think it mattered: _____



Where I noticed God: _____



What I want to remember: _____

A Hard Moment



What happened? _____



What was I feeling underneath my first reaction?



What did I need? _____



How did I respond? _____



What might a faithful next step look like?



What do I want to ask God for? _____

Grace & Gratitude



Three gifts I received:

1. _____

2. _____

3. _____



A person I am grateful for: _____



An ordinary grace: _____



Something that made me laugh or breath easier:



A prayer of thanks: _____

Discernment Notes



The decision/question: _____



What draws me toward peace, truth, and generosity? _____



What draws me toward fear, ego, or avoidance?



What facts do I still need? _____



What counsel have I received? _____



What will I pray about next? _____

Monthly Look Back



What gave life this month? _____



What repeatedly drained me? _____



What prayer kept returning? _____



Where did I grow? _____



Where do I need help? _____



What do I sense God inviting me into next?
