

3 Things...

Reflection. Gratitude. Awareness. Growth.

This Journal Belongs To:

3Things...

Simplify your personal development.

The 3Things Journal is for those of us who want to become the best version of ourselves. We have big goals and aspirations, but recognize that we aren't perfect and always have room to improve.

Maybe we're not quite where we want to be just yet—but inside the pages of this journal, you'll find your map to a phenomenal life.

What's the secret?

You're about to supercharge your growth by spending five to ten minutes each night reflecting on your day and preparing for the next.

Every day it's vital that we reflect on our actions, practice gratitude, and focus on improvement. This guided journal seeks to pull the things you already know and lay them out in a way that naturally influences you to take charge of your life.

Other journals tend to complicate things. They want you to write too much or ask thought-provoking questions you might not have the mental strength to complete.

The 3Things journal simplifies things.

Twelve bullet points per night is all you need to fuel your growth. Four sections. Three bullets each.

We specifically designed it to be easy to promote habit formation.

You can get as deep or as surface level as you want. The important thing is that you are discovering yourself. Your answers don't need to sound good to others—they just need to be true to who you are.

So, what are you waiting for?

It's time to start building a better you.

3 things...

“How noble and good everyone could be if, every evening before falling asleep, they were to recall to their minds the events of the whole day and consider exactly what has been good and bad. Then without realizing it, you try to improve yourself at the start of each new day.”

- Anne Frank

Quick Start Guide

3 Things... I accomplished today

1. Made dinner rather than eat out at a restaurant

2. Worked Out

3. Drank 4 bottles of water

This section aims to build your confidence, and also serves as a mental check of how you spend your time. At first, it may be a little difficult to figure out what you've accomplished each day. Just remember: it doesn't have to be huge.

Drinking four cups of water is an amazing accomplishment if you struggle to stay hydrated. And making dinner at home not only saves you money, but is probably a healthier meal than the fast food you might've picked up.

Look for the little wins throughout the day. You are getting things done that you may not even notice! Ask people around you if you need a little perspective. As you continue with this journal, this section will become easier and easier to fill out. We all start somewhere.

Quick Start Guide

3 Things... I'm grateful for

1. My significant other made me dinner today

2. The home that I live in

3. My friends who keep me laughing

It has been proven that practicing gratitude actually changes the neural structures in our brains to make us feel happier and more content. A quick internet search would show you that gratitude reduces depression, lessens anxiety, supports heart health, relieves stress, and even improves our sleep.

This section aims to get you to intentionally reflect at the end of each day and think about what you're grateful for, however big or small. For some, this may prove to be difficult. If that's you, think small.

"I woke up this morning." "I have clean sheets." "I have money to buy food." "My significant other helped with the dishes today." "My parents are healthy." "It was such nice weather today." "I have a laptop to do my work." "I read a great book today." "My clothes looked great on me today."

As with every section, this section will become easier to fill out as days go on. You will find yourself looking for things to be grateful for throughout each day, and where attention goes, energy flows.

For a real challenge, try to not repeat an answer within a single week. Too easy? Try to go a month without a repeat answer. This will force you to look for different things each day to be grateful for.

There are so many things.

Now it's your job to go out and find them.

Quick Start Guide

3 Things... I could've improved today

1. shouldn't have spent as much money at the store
2. I was frustrated and lashed out unnecessarily at my partner
3. I didn't eat as well as I could have today

We all have room to grow. If we didn't, life wouldn't be so hard.

Awareness of your deficiencies is at the root of how to improve yourself every single day. Once you identify what you can improve, you can then address the issue directly.

Be vulnerable with yourself; it's absolutely okay to have things to work on. Nobody is perfect, but in order to get better, we have to know where we went wrong.

Maybe you shouldn't have been as upset with a family member today, or maybe you ate out when you know you needed to eat in. Maybe you spent money on Amazon that you know should've gone toward something more productive.

By identifying what you could've done better, you can then take steps to either rectify the situation or do better in the future. Even just writing it out might be enough to make you think twice when the situation rears its head going forward.

Quick Start Guide

3 Things... to do tomorrow

Followed
Through?

1. Work out in the morning



2. Finally call my grandmother



3. Spend at least 20 minutes researching my business idea.



This is where the magic happens. You've already identified some areas of improvement for yourself, and this is where you can address those issues.

In an ideal situation, many of the things you write down here directly correlate with the things you could've improved in the previous section. By addressing those issues tomorrow, you will quite literally be better than you were yesterday.

The items in this section can also correlate with an overarching goal you have for yourself. For example, if you are trying to start a business, at least one of these line items should move you closer to opening up shop.

Often when we have a goal, we stop ourselves from following through because it's too complicated or too much work. We look at our goals as huge unrealistic targets; however, by breaking it down we can ensure we are taking it one step at a time. What are three things that you can do tomorrow to move you closer to where you want to be? Let's identify those things and get to work.

Make sure your goals here are specific and measurable. You should be able to definitively say whether or not you accomplished them at the end of the following day. Use the checkboxes!

In the morning, it's important that we look back at this section to set the tone for the day. Take note of what you committed to the night before. Remember, the biggest commitment you must keep is your commitment to yourself.

3 things...

*“You are who you are today
because of the decisions
you made yesterday.”*

Let's get started...

Date: / /

3 Things... I accomplished today

1. _____

2. _____

3. _____

3 Things... I'm grateful for

1. _____

2. _____

3. _____

3 Things... I could've improved today

1. _____

2. _____

3. _____

3 Things... to do tomorrow

Followed Through?

1. _____ ☐
2. _____ ☐
3. _____ ☐

My Thoughts

Blank lined paper with a faint watermark reading 'DRAFT' diagonally across the page.

"One day, or day one? It's your decision."

Date: / /

3 *Things... I accomplished today*

1. _____

2. _____

3. _____

3 *Things... I'm grateful for*

1. _____

2. _____

3. _____

3 *Things... I could've improved today*

1. _____

2. _____

3. _____

3 Things... to do tomorrow

Followed
Through?

1. _____ ☐
2. _____ ☐
3. _____ ☐

My Thoughts

Blank lined paper with a faint watermark reading 'DRAFT' diagonally across the page.

"It's remarkable what you can build if you just don't stop."

3 Things... I accomplished today

Date: / /

1. _____

2. _____

--- End of Preview ---

At a Glance...

The full journal spans **200 premium pages**, designed to support **three full months** of nightly reflection—that's **92 days** of guided entries. Each day features a fresh quote chosen to uplift, motivate, and inspire your team throughout the season.

For businesses, we also offer **customization options** such as branded introductions or personalized quotes, available for a small per-journal fee.

Give your employees a gift that fuels focus, gratitude, and growth.

Reach out at dshontaylor@gmail.com to request a quote today.