



Friendly Doge

Moonlight Journal

by Doge Girl

much wow!

Moonlight Journal



Hello, Friendly Doge! This is a template version of the Moonlight Journal!

You can print these pages out at many times as you'd like, or use your digital device to fill them out and store them with a note-taking app such as "GoodNotes".

Print out the pages:

1. Download the PDF to your device
2. Open the PDF and click print

Download the PDF to your note-taking app to fill out and store digitally:

1. Download the PDF to your device
2. Open "GoodNotes"
3. Click "New" and then select "Import"
4. Find and select the Moonlight Journal from your files

To add a new template pages on "GoodNotes":

1. Hover over the page that you want to copy. There are 3 unique pages so be sure to copy them in the order you wish.
2. Click the add-page-icon "+"
3. Choose whether to add the new page Before or After the current page. You can also choose to make the new page Last in your planner. I recommend choosing Last Page.
4. Click "Current Template"



Moonlight Journal



Something that made me smile or laugh today:

.....



Today, I was most grateful for:

.....

(person or group of people)

.....

(something that I have or anything else I can think of)



Two things that make me feel like today was a success:

.....

.....



I could have made today better by:

.....



A positive thought I have/had about myself today:

.....



Two reasonable tasks that I feel would be achievable for me tomorrow:

.....

.....



Date:

Moonlight Journal



Today, my mood was: *(mark the scale)*



Much Wow!



Such Gloomy

.....



So Chillness



Much Anxious

.....



Very Blissful



So Angryness

.....

(custom scale)

"So Reflection, Amaze!"



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Date:

Moonlight Journal



This is space for me to write down my current thoughts and feelings!

