

Today's Magic: 50 Moments Worth Remembering

A guide from Today Is Everything

Introduction

Every day with your loved ones is filled with fleeting moments that deserve to be remembered. Not just the big milestones—the first steps, first words, graduations—but the quiet, ordinary magic that makes up a life together.

This guide offers 50 prompts to help you capture those precious, everyday moments before they fade. Use them as inspiration for your journaling practice, whether you're documenting your child's growth, your relationship with your partner, or memories with family.

Remember: **Today is everything.**

For Your Children

The Little Things

1. **The way they say your name** - How does it sound? What makes it special?
2. **Their current favorite toy or book** - Why do they love it? How do they play with it?
3. **Bedtime routine tonight** - The specific details that make it uniquely yours
4. **Something funny they said today** - Context matters—what made it hilarious?
5. **Their current obsession** - Dinosaurs? Princesses? Trucks? Capture the intensity of it
6. **How they comfort themselves** - Thumb sucking? Blanket? Your shirt?
7. **Their latest made-up word** - Before they learn to say it "correctly"
8. **The face they make when concentrating** - Tongue out? Eyes squinted?
9. **Their current nickname for their sibling** - Or pet, or stuffed animal
10. **What they refuse to eat this week** - Food preferences change constantly

Milestones & Firsts

11. **A "first attempt" at something** - Before they master it, capture the trying
12. **The day they finally did the thing** - After weeks of practice

13. **A question they asked that stumped you** - Kids ask the deepest questions
14. **Their height compared to something** - The doorframe, your hip, their big sister
15. **Current sleep schedule** - It'll change, and you'll forget what it was like
16. **How they wake up** - Crying? Singing? Sneaking into your bed?
17. **Their reaction to trying new food** - The face says it all
18. **A tantrum** - Yes, document these too. You'll laugh later
19. **Something they taught themselves** - When did you notice they could do this?
20. **A moment of unexpected kindness** - To a sibling, pet, or stranger

Character & Personality

21. **What makes them laugh hysterically** - Specific jokes, sounds, or actions
 22. **Their current fears** - Even irrational ones tell a story
 23. **How they dance when they think no one's watching**
 24. **Their negotiation tactics** - "Just one more story" strategies
 25. **What they're proud of right now** - From their perspective
 26. **How they show they love you** - Not how you wish they would, how they actually do
 27. **Their current best friend** - And why they're inseparable
 28. **What they want to be when they grow up this week** - It changes!
 29. **The game they invented** - With their own rules that make no sense
 30. **Their response to "How was your day?"** - The real answer, not the automatic one
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For Your Partner/Spouse

Daily Connection

31. **The way they greeted you today** - A kiss? A smile? A tired sigh?
32. **Something mundane they did that made you grateful** - Taking out trash, making coffee
33. **A inside joke from today** - Capture the context before you forget
34. **How they looked in a ordinary moment** - Cooking, reading, sleeping
35. **Something they did for the kids** - That the kids didn't even notice
36. **A conversation you had while doing dishes** - Some of the best talks happen here
37. **How you worked as a team today** - Tag-teaming bedtime, dividing chores
38. **The little annoyance that didn't matter** - In the grand scheme of things

Deeper Moments

39. **When you caught them being an amazing parent** - A specific moment
40. **Something they're stressed about** - So you remember you faced it together
41. **A dream or goal they mentioned** - Even in passing
42. **How they've changed since you met** - For better or worse, it's your story

- 43. **A moment you felt really seen by them** - They got you without explanation
 - 44. **When you laughed together today** - What was so funny?
 - 45. **A sacrifice they made** - That they didn't mention or complain about
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For Family & Loved Ones

Capturing Relationships

- 46. **How grandparents interact with your kids** - These moments are precious
 - 47. **A family tradition, no matter how small** - Sunday breakfast, birthday calls
 - 48. **Something a family member taught your child** - A song, a skill, a saying
 - 49. **A memory your parent/grandparent shared** - Before it's forgotten
 - 50. **Today, right now** - Sometimes the moment itself is enough to remember
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Tips for Meaningful Journaling

Make It Sustainable

- **Don't aim for perfection** - A few sentences are better than nothing
- **Use your phone** - Capture moments when they happen, not hours later
- **Photos aren't required** - But they're wonderful when you have them
- **Write like you're telling a friend** - Not writing a novel

What to Include

- **Sensory details** - Smells, sounds, the way things felt
- **Your emotions** - Not just what happened, but how it made you feel
- **Context** - Ages, dates, what else was happening in your lives
- **Direct quotes** - The exact words they said, in their voice

When to Write

- **Right after it happens** - Even just voice notes you transcribe later
 - **Sunday reflections** - Capture the week's highlights
 - **During quiet moments** - Nap time, after bedtime, morning coffee
 - **Whenever you feel it** - There's no wrong time
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Remember

You won't capture everything. Some moments will slip away. That's okay.

But the ones you do capture? They become treasures. They become the story of your family. They become proof that these ordinary days—filled with sticky hands, tired eyes, inside jokes, and small kindnesses—were actually extraordinary.

Because today is everything.

Start Your Journey

Ready to start capturing these precious moments?

Join the Today Is Everything waitlist to be the first to know when we launch. Turn your digital memories into beautiful keepsake books that you can hold, share, and treasure forever.

Visit: todayiseverything.com

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