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

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

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

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

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

I will send out another email with updates as I get the site fully functional and start working out the kinks! Thank you for your patience.

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