

Choosing just one word to describe your day is a quick and simple way to begin or renew a daily journaling habit. To make it even easier, here's a list to inspire you. Think about your day. Choose & write one word to describe it. Close your eyes and breathe deeply for one minute and then let the day go.



the one-word-one-minute journal

happy	effortless	tough
<i>disastrous</i>	<i>amazing</i>	<i>sincere</i>
restorative	growth	fortunate
<i>joyful</i>	<i>excellent</i>	<i>safe</i>
frivolous	wonderful	worrisome
<i>awesome</i>	<i>courageous</i>	<i>calming</i>
relaxing	unforgettable	mellow
<i>silly</i>	<i>strong</i>	<i>connected</i>
cheerful	bright	fun
<i>badass</i>	<i>cautious</i>	<i>adventurous</i>
eye-opening	lonely	energetic
<i>spirited</i>	<i>relaxing</i>	<i>bountiful</i>
surprising	exhausting	productive
<i>empowered</i>	<i>frustrating</i>	<i>challenging</i>
frantic	untamed	creative
<i>hopeful</i>	<i>successful</i>	<i>satisfying</i>
painful	annoying	organized
<i>epic</i>	<i>quiet</i>	<i>triumphant</i>
unique	open-hearted	helpful
<i>optimistic</i>	<i>busy</i>	<i>focused</i>
spunky	sad	messy