



The Balance Journal

A daily practice for noticing the good and learning from the hard.

Why Both Matter

This journal will help you:

- ✓ Notice the good that's already present in your day
- ✓ Put low points into words instead of carrying them around in your head
- ✓ Find the upside hiding inside a hard moment, not just around it
- ✓ See your own growth reflected back to you over time

UNDERSTANDING THE BALANCE

Most of us learn to keep moving, through good weeks and hard ones alike, without stopping to notice either.

This journal asks you to do both, on purpose. Some days, that means looking for what's already good. If you take a moment each day to notice it, you'll naturally start to see more of it. Other days, it means writing down a low point instead of letting it loop quietly in the back of your mind—giving it a place on the page, and a date to come back to.

Over time, the two practices meet each other. You start to notice that the hard moments and the good ones were never two separate stories. They were the same life, held with both hands.



This isn't positive thinking, and it isn't dwelling. It's giving both an honest, structured place—so neither one quietly runs the show.

Morning & Evening Practice

Two minutes, twice a day—that's all this takes.

Morning

Today I am...

Three things I'm grateful for

1

2

3

Evening

Three good things that happened today

1

2

3



Gratitude doesn't ask you to ignore what's hard. It asks you to notice what's already good, so it doesn't take a crisis to see it.

Low Points & Growth Log

Use this page whenever you hit a low point—then choose how big it feels.

WHAT HAPPENED

THE OTHER HALF

Almost every low point carries two sides at once—even this one hides a benefit somewhere inside it. What is it?

How big does this feel right now?



Small Thing
Return in 1 week

on: ____ / ____ / ____



Real Low Point
Return in 1 month

on: ____ / ____ / ____



Major Low Point
Return in 3 months

on: ____ / ____ / ____
+ optional check at 6 months

Return & reflect

Look back at the other half you named. Is it clearer now? What would you add to it?

Connect The Dots

BRINGING IT TOGETHER

This journal works best when its two halves talk to each other.

Every so often, at the end of a week or whenever you return to a low point, flip back to the gratitude pages from around the same time. Notice what was still good, even while something else was hard.



That's the real shape of this practice: not two separate journals, but one life, looked at from both sides.