



StoryADay Writing Guides

WRITERS'

LOGGING

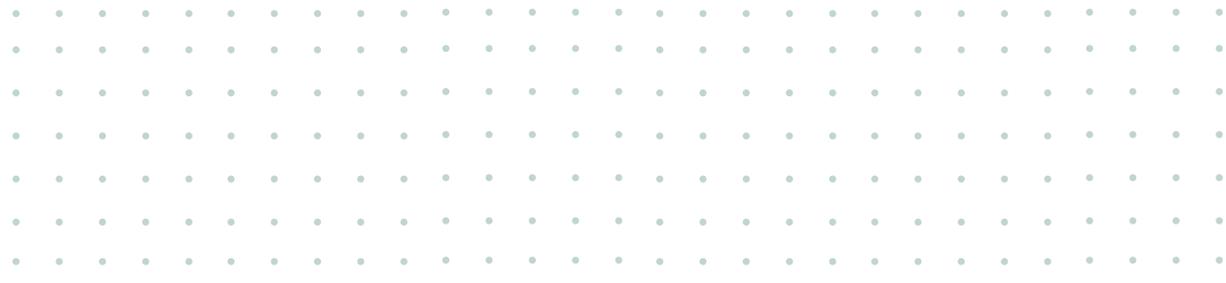
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PLANNING

BUNDLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
						
						
						
						



Goal _____

By: _____

What It Is
Details

Why It Matters To Me
Emotions

How I'll Get It Done

Note the first few tasks now. Add more when those are accomplished

Is This Goal on

P (Personal)

A (Achievable)

C (Challenging)

E (Emotional)

Goal:

	S	M	T	W	T	F	S	SCORE
Wrote today	<input type="checkbox"/>	—						
Gathered Story Sparks	<input type="checkbox"/>	—						
Used a StADa prompt	<input type="checkbox"/>	—						
Read a story	<input type="checkbox"/>	—						
Connected with community	<input type="checkbox"/>	—						
Used other StoryADay tools	<input type="checkbox"/>	—						
_____	<input type="checkbox"/>	—						

Notes:

Are there areas where you scored low? Did that affect your productivity? What went well? What will you try next week?

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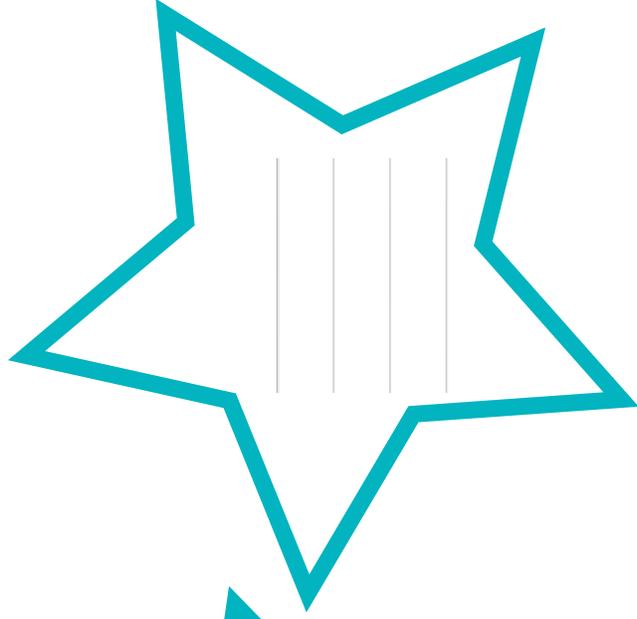
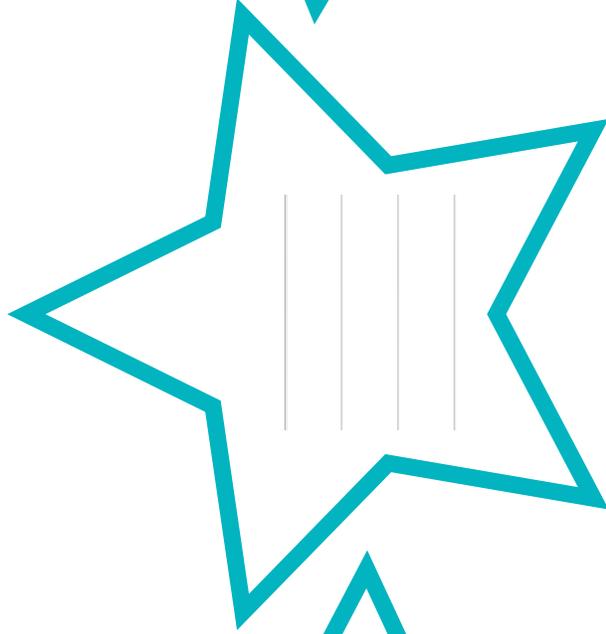
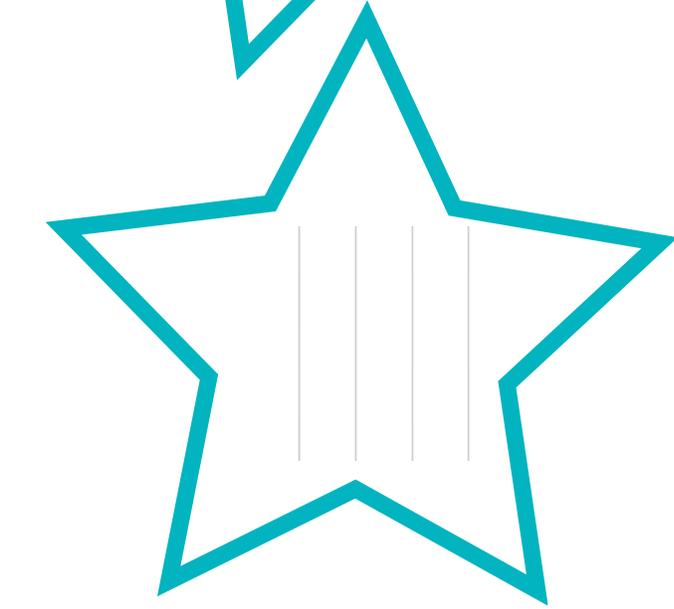
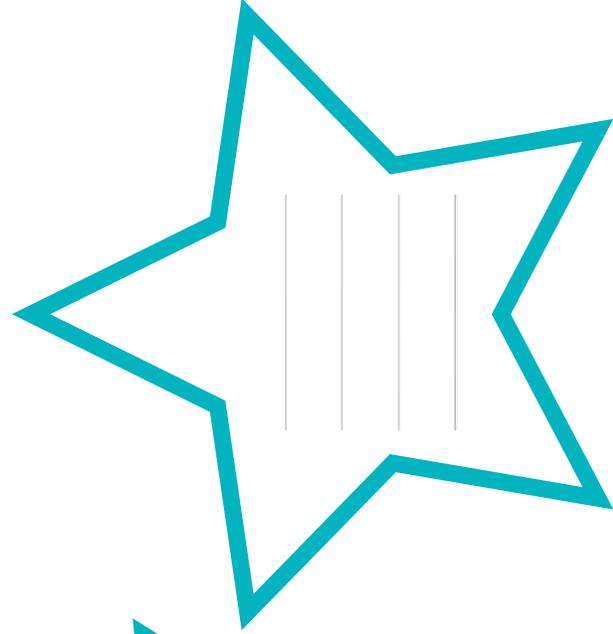
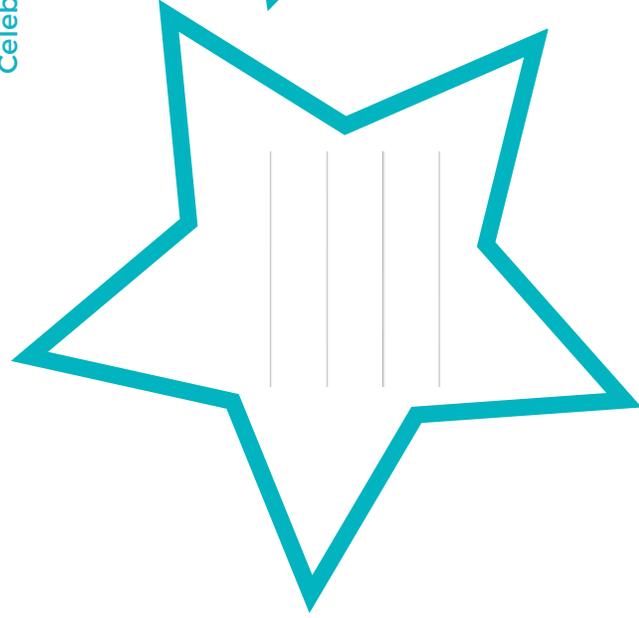
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Celebrate your Accomplishments - print as many as you need!



What I'll Do

-
-
-
-
-
-
-

Why it Matters To Me

Notes & Achievements

What Else Is Happening This Month?

WEEKLY OVERVIEW

THINGS TO NOT FORGET THIS WEEK

TO DO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

HABITS

M	T	W	T	F	S	S
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

WHAT WENT WELL THIS WEEK

WHAT I MIGHT DO DIFFERENTLY

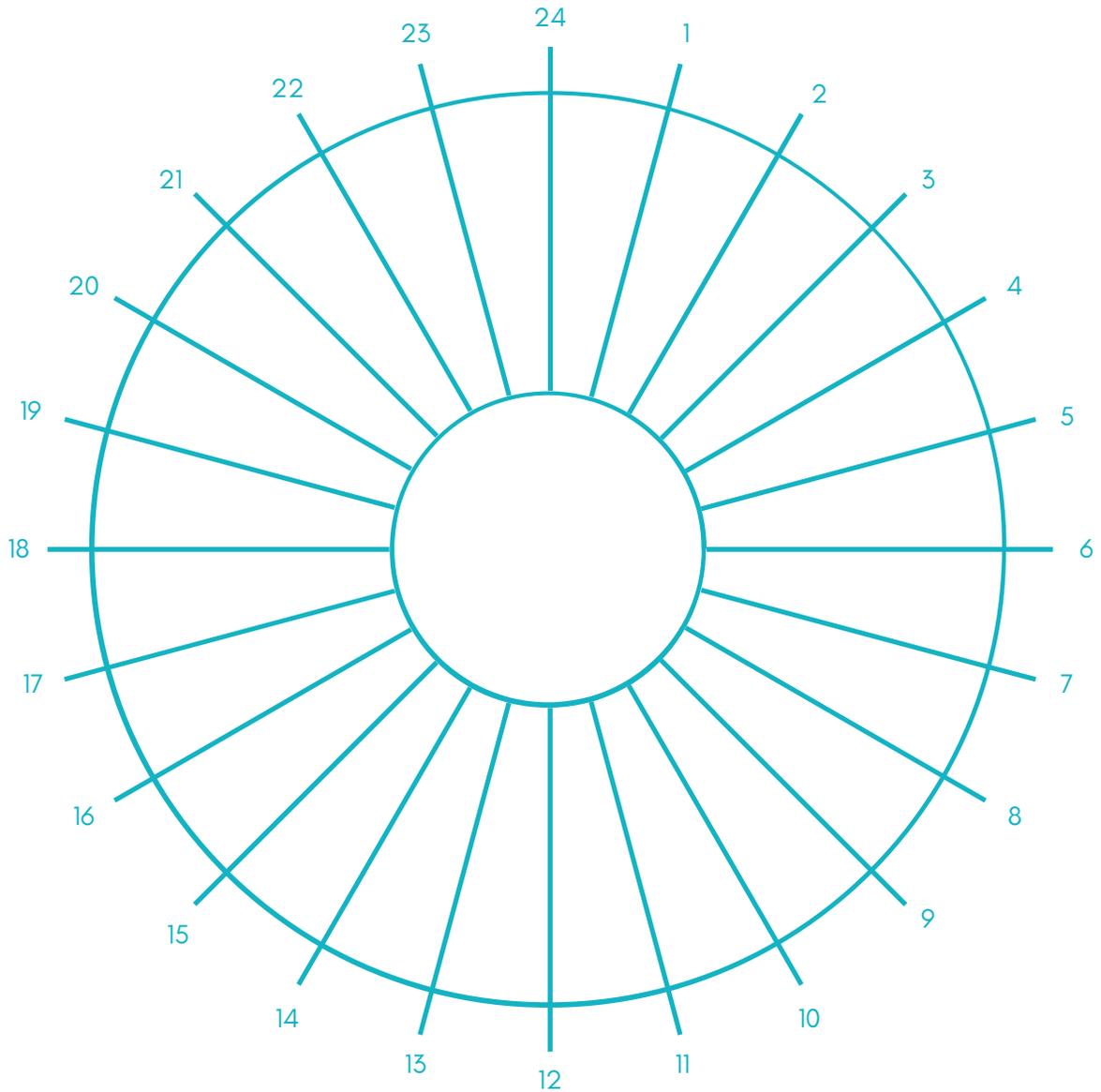
MONTHLY HABIT/TASK TRACKER

MONTH OF: _____

habit/task name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

ACTIVITY WEB

Use this 24-hour clock to track your activity. Use the key to show how much time you spend on each activity you're tracking.



color time							
label							

WHAT AM I DOING (AND WHY)?

when you need a clear-eyed look at all the nonsense you are trying to fit in...

MY IDEAL DAY LOOKS LIKE...

SO...

STOP DOING:	
DO LESS OF:	
KEEP DOING:	
DO MORE OF:	
START DOING:	<i>Be kinder to myself.</i>

GENTLE DAILY ASSESSMENT

TINY/EPIC WIN: (CROSS OUT THE ONE THAT DOESN'T FEEL RIGHT, TODAY)

HOW I SLEPT



MOON PHASE



START OF DAY



END OF DAY



HOW I'M FEELING

HOW I'M DOING

MY INTENTION(S) TODAY

TODAY I ~~ACHIEVED~~ MANAGED

Five horizontal lines for writing intentions.

Five horizontal lines for writing achievements.

THINGS I WANT TO FOCUS ON

TOMORROW I ~~WILL~~ MIGHT

Five checkboxes followed by horizontal lines for focus items.

Five horizontal lines for tomorrow's possibilities.

HYDRATION



TODAY'S RATING



WEEKLY REVIEW

A summary of the week:

What did I accomplish?

What worked well?

What didn't work well?

What is left on my priority/to do list?

What did I procrastinate about? Why?

What can I do to make next week better?
