

One Page a Day



**A Simple Way to
Journal in English**

by Metalanguage

Welcome!

This mini journal is designed to help you build the habit of writing in English while reflecting on your daily life. It's perfect for beginners and intermediate learners who want to practice real language in a personal and creative way.

Each day is divided into two short sections: Morning and Evening.

Choose one or do both! All you need is **one page a day** ✨

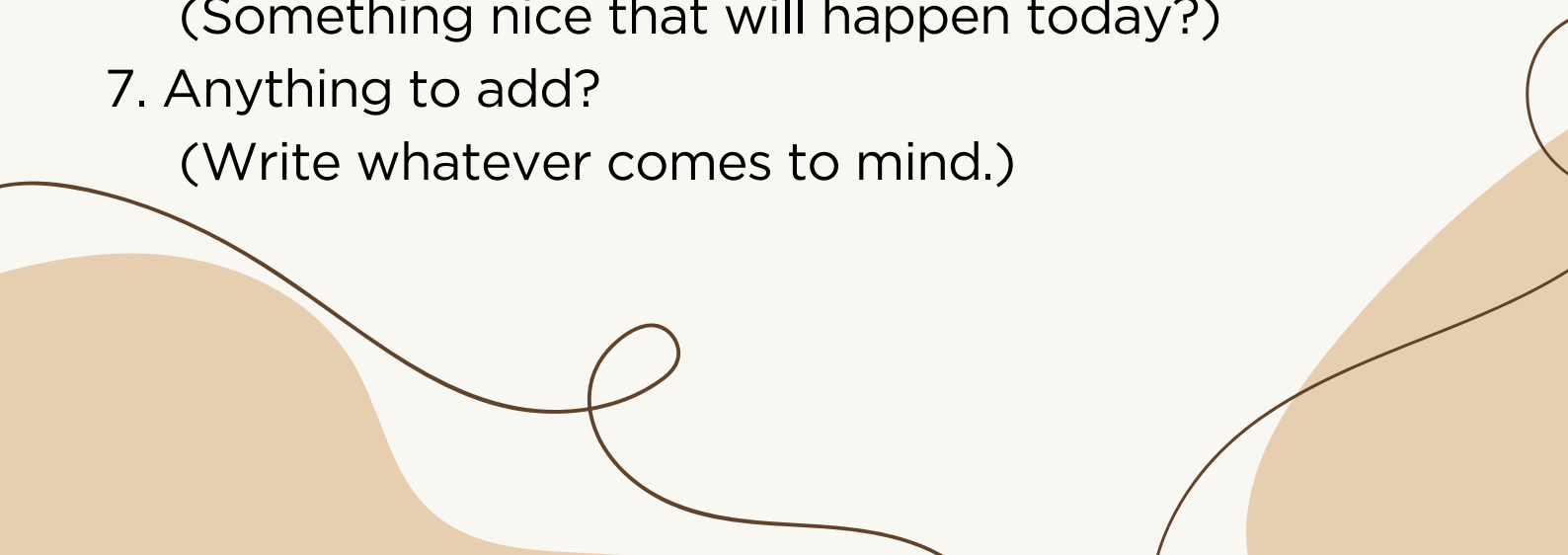
Use simple sentences. Don't worry about mistakes—what matters is that you express yourself. Over time, you'll notice more fluency, confidence, and vocabulary growth.

Let's begin your journaling journey! 📅✍️



MORNING JOURNAL PROMPTS

Use these prompts when you wake up or at the start of your day:

1. How did you sleep last night?
(Did you sleep well? Badly? For how many hours?)
 2. Did you dream anything special or strange?
(Can you describe your dream in a few words?)
 3. What's your plan for today?
(Work? School? Something exciting or boring?)
 4. How do you feel this morning?
(Tired, excited, nervous, relaxed? Why?)
 5. What's one thing you want to focus on today?
(A task, a feeling, a goal?)
 6. What are you looking forward to?
(Something nice that will happen today?)
 7. Anything to add?
(Write whatever comes to mind.)
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MORNING JOURNAL PROMPTS

MON TUE WED THU FRI SAT SUN

DATE: _____

EVENING JOURNAL PROMPTS

Use these prompts in the evening to reflect on your day:

1. What happened today?
(Describe the main things you did.)
2. How do you feel now?
(Happy, tired, frustrated? Why?)
3. What was one small moment you enjoyed today?
(A smile, a song, a nice message?)
4. Did anything surprise you today?
(A person, a situation, news?)
5. What's something you learned today?
(A word, a fact, a lesson?)
6. What word would you use to describe this day?
(Peaceful, stressful, fun, boring...?)
7. Anything to add?
(Write freely.)

EVENING JOURNAL PROMPTS

MON TUE WED THU FRI SAT SUN

DATE: _____

SUGGESTED VOCABULARY

Use this list to help you write more easily and confidently:

Adjectives for feelings:

happy – sad – tired – calm – nervous – proud – bored – excited – worried – relaxed – stressed – grateful

Common activities:

wake up – take a shower – have breakfast – go to work – study – rest – talk to – clean – read – watch – eat – sleep

Time expressions:

in the morning – this afternoon – at night – after lunch – during the day – before bed – today – tomorrow – later

Useful verbs:

feel – think – plan – need – like – want – enjoy – learn – remember – forget – hope – dream – finish

Sentence starters:

Today I feel...

I didn't expect...

Something funny happened...

I need to remember...

I'm proud of...

Tomorrow I want to...

As usual, I'll be happy to help in case of questions!



11-5624-5219



metalanguagebuenosaires@gmail.com



www.metalanguagebuenosaires.com.ar



instagram

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Never Stop Learning