



OAK FORWARD • FREE RESOURCE

# Daily Practice

*Five minutes with yourself — a simple practice to help  
you notice, feel, and grow.*

# 5 Minutes of Journaling

I wish I'd had something like this a few years ago. When things were falling apart, I didn't have the language for how I was feeling, let alone a way to check in with myself daily. This is what I'd hand that version of me now.

It doesn't require anything. Not money, not a good day, not anyone else in your life. Just five minutes and something to write on.

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## 1 **Three small things I'm grateful for today.**

Small on purpose. Not "my family" — something specific. The coffee that was actually hot. The five minutes of quiet before anyone else woke up.

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## 2 **What am I feeling, and why?**

Not fine. Not good. The real one — even if it's hard to name. If naming it is hard, an emotion wheel can help you find the right word.

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## 3 **What am I holding onto that's holding me back?**

A grudge. A worry. A version of a conversation you keep replaying that's already over. Name it — and practice actually letting it go today. Not managing it. Letting it go.

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## 4 **One thing I'm going to practice today.**

Patience. Listening before responding. Whatever you're actually working on right now.

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## 5 **Write yourself a quick note, as your own best friend.**

Acknowledge how you're feeling. Reassure yourself it's going to be okay. Offer yourself the same kindness you'd give a friend having the exact day you're having.

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### **TRY IT FOR 30 DAYS**

I won't tell you this will fix anything — that's not what this is. But there's real research behind small daily practices like this one. Thirty days is long enough to know if it's doing anything for you.

See what's different, if anything, at the end.

**— Jonathan Worrall, Oak Forward**

**DAY 1 • DATE:** \_\_\_\_\_

**Three things I'm grateful for today:**

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**What am I feeling, and why?**

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**What am I holding onto that's holding me back?**

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**One thing I'm going to practice today:**

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**A note to myself, as my own best friend:**

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**DAY 2 • DATE:** \_\_\_\_\_

**Three things I'm grateful for today:**

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**What am I feeling, and why?**

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**What am I holding onto that's holding me back?**

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**One thing I'm going to practice today:**

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**A note to myself, as my own best friend:**

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**DAY 3 • DATE:** \_\_\_\_\_

**Three things I'm grateful for today:**

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**What am I feeling, and why?**

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**What am I holding onto that's holding me back?**

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**One thing I'm going to practice today:**

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**A note to myself, as my own best friend:**

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