

2026 Personal Growth & Life Tracking Journal

How to Use This Journal

This journal is designed to help you observe your energy, actions, habits, and results throughout 2026. Each section is intentionally simple so tracking feels supportive, not overwhelming. Consistency matters more than perfection.

Monthly Focus Page

Month & Year

Top 3 Intentions for This Month

Write the three priorities you want to stay aligned with during this month.

1.

2.

3.

Weekly Progress Check

Week 1

Main Action: _____

Outcome: _____

Lesson Learned: _____

Week 2

Main Action: _____

Outcome: _____

Lesson Learned: _____

Week 3

Main Action: _____

Outcome: _____

Lesson Learned: _____

Week 4

Main Action: _____

Outcome: _____

Lesson Learned: _____

ENERGY TRACKING

Weekly Energy Rating (Every Sunday)

Tick (✓) one box that best represents your overall energy level.

Week 1

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Notes (optional): _____

Week 2

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Notes (optional): _____

Week 3

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Notes (optional): _____

Week 4

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Notes (optional): _____

MONTHLY ENERGY SUMMARY

What did you observe about your energy this month?

Finance Snapshot

Opening Balance: _____

Total Gains / Income: _____

Total Expenses: _____

Closing Balance: _____

Financial Observation for the Month:

Relationship Reflection

Note any important conversation, emotional shift, or relationship insight from this month.

Health & Routine Check

Average Sleep (hours): _____

Exercise (minutes per week): _____

Noticed Symptoms (if any): _____

Health Awareness Note:

Remedy & Ritual Consistency

Number of days Sun Alignment or daily ritual was followed this month: _____

Personal Observation:

Month-End Reflection

Biggest insight from this month:

One habit or action to improve next month:
