

JESS CONTE

# day by day

100 WAYS TO CAPTURE MEMORIES  
& CREATE YOUR OWN STORY

A GUIDED JOURNAL



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*...inspired by life*



THIS BOOK BELONGS TO:

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DATE I STARTED THIS JOURNAL:

/ /

DATE I COMPLETED THIS JOURNAL:

/ /

# INTRODUCTION

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Welcome to the *Day by Day Guided Journal*! Whether you're new to the world of journaling or, like me, you've always been drawn to putting pen to paper, I'm so glad you're here.

I actually can't remember a time before I was keeping a diary or a journal of some sort. There's a good chance I was barely old enough to be writing in complete sentences when I began filling up those first pages. But what I do know is that the two main reasons I fell in love with journaling as a child are still the reasons I love it today, and why I wanted to create this experience for others.

## CAPTURING YOUR STORY

With every journal entry—no matter the length or whether the topic is silly or serious or even seems mundane—you are taking a written snapshot of a specific time in your life. All together, those recorded moments can become the stories of our lives for us and others to look back on.

When I was around twelve years old, I created a journal with my lifelong best friend (whose name also happens to be Jess). We've always lived at least a few hours away from each other, so each time we reunited we would write in this journal—me always with red ink and her always with blue. We would write about what was trending at that time, the latest phone (throwback to the Motorola Razor), favorite songs of the moment...or really anything. We got a kick out of recording anything that was going on in our lives or in the world around us. That journal became our very own time capsule. And it's filled with some of my favorite memories to look back on.

Now, over a decade later, I still enjoy writing down the current things that are happening, heavy things on my heart, or simply what I am up to each day. I love the thought of my future kids reading the entries when they're my age and seeing how different life was. And also seeing how some things never change—like our need for love, kindness, and self-acceptance, and that choosing gratefulness (especially for the little things) just makes life better. There's space in this journal for you to capture it all.

## MAKING THE MOST OF “ME TIME”

Even when I haven't consciously been aware of it, writing things out has been a consistent way I take care of myself, from the inside out. If there's something that's really on my heart, writing about it helps lift that weight off my shoulders. But self-care through journaling doesn't always have to look like heavy-duty self-reflection.

There are times when we just need to keep it light. I've found that coloring pages and other creative activities can offer just as much enjoyment and comfort as an adult as they did when I was a kid. Creating lets my brain shift gears, relax, and release the intense parts of life a little bit. And maybe this is revealing a little Type A in my personality, but if you're like me, sometimes it just feels really good to make a list. Any kind of list—from the day's to-dos to future goals to your dream road-trip itinerary. Listing helps me pull that endless swirl of thoughts out of my brain and create a little space to just be.

Whatever the day, whatever your mood, I want this book to be a place where you can pop in and get the peace, rest, or release you need in a given moment. That's why—right alongside prompts that help you process, reflect, and record—I've filled this journal with lots of opportunities to sketch, color, create, and play. A mini escape where you can set aside the stresses of the day as you immerse yourself in the pages. A place to put down your phone for a few moments and pick up a pen instead.

Let these pages serve as a quiet way to start your morning, a relaxing way to end your night, or simply a way to make the most of any time at all. Because quality time is a gift we also need to give to *ourselves*. And I hope this journal can help you do just that.

♥ JessConte  
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# HOW TO USE THIS JOURNAL

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## GO AT YOUR OWN PACE.

Maybe you're someone who likes to journal at a set time every day and gets satisfaction from filling out every page in order. That's great—the way this book's activities and prompts are organized will keep you engaged and interested with variety and color.

Or maybe you're more of an on-a-whim journaler. Perhaps you'd like to pick up wherever you left off whenever inspiration (or the need to process life a bit) strikes. That's perfect too. By incorporating four different themes throughout, this journal is designed to *meet you wherever you're at* in a given day or moment. And while the order of the prompts may feel random at first glance, they are intentionally so.

It doesn't matter if you complete this journal in a few months or if it takes you a couple of years of hopping in here and there. Let the opportunities this journal provides give you time to slow down for a moment and enrich your life in your own way, in your own rhythm.

## CHOOSE A THEME THAT FITS YOUR MOOD AT THE MOMENT.

Every new day is different, and our needs for a creative outlet differ accordingly. That's why there are four different types of activities to choose from. And because every category has its own color stripe at the top of each page, you'll be able to quickly and easily thumb through the journal and find the type of activity or prompt that feels right or most enjoyable to you at the time.

**CHECK-IN** Daily (or anytime) opportunities to briefly document your day, choose gratitude, and tap into a little self-care. Whatever your routine, these entries offer regular moments of quiet reflection and mini resets for your mind, body, and heart when you need them.

**CAPTURE** A variety of fun prompts for exploring and recording your life at this moment in time. From lighthearted polls to favorites lists to fill-in-the-blank "my life" trivia, your answers will add up to your own colorful me-myself-and-I time capsule.

## CREATE

Artful activities to engage your creative side. Put on some good music and relax as you work on inspirational coloring pages or make a themed photo collage. Whether you need a little art therapy or just the simple pleasure that creating can bring, these pages are just the ticket.

## REFLECT + GROW

Thoughtful questions for self-discovery plus activities and ideas for becoming your best and healthiest self from the inside out. Reflect on your history, imagine your future, and become more aware of what makes you tick and what makes you *you*. Whether you're setting new goals or examining old habits, let these prompts keep you inspired on the journey toward the life you want to live and the person you want to become.

## IT'S YOUR PERSONAL TIME. MAKE THE MOST OF IT.

There are no rules to this journal, but I do have a few encouragements for getting the most out of using it:

1. When journaling, leave your phone in another room or change your settings to “do not disturb” so you can really breathe deep, relax, and soak up the moment.
2. Be free to be completely honest with yourself, even if an answer feels awkward. It's *your* journal—let it be true to you.
3. Have fun!

I can't wait to see what you discover as you explore your own mind, heart, and life experiences through journaling. Snap a photo of the prompts or activities you most enjoyed and share them with me! #daybydayjournal

Now go enjoy some quality *Me Time*.



*Let's get acquainted! I'm Jess, I'm twenty-five years old, and I'm Australian. I moved to the United States in 2017 after marrying my best friend, Gabriel, who is American. We are both content creators, and we love sharing our story through photos and video. We have a beautiful little Goldendoodle pup called Milo, who can "cuddle on demand" and brings so much joy to our lives. I laugh hardest with my best friend, Jess, who is like a sister to me. The habit I'd most like to break right now is using my phone before bed. (I'm working on putting it away at least an hour before sleep and reading a book instead.) Something I love about myself is that I genuinely care about the people around me. I want them to be able to count on me; I want to be there for them when they need me the most. What inspires me? When I see someone hitting a goal they've set—whether it be related to career, fitness, or something personal—it always motivates me to keep pushing for my own goals too.*

# ABOUT ME

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Date: \_\_\_\_\_ Time: \_\_\_\_ : \_\_\_\_ AM / PM

Create a snapshot of yourself and your life today with words. It's fun to think about how whoever reads this down the road (whether it's your future self, your future children, or someone one hundred years from now) will get a clear picture of who and where you were in life at the moment you wrote it.

My name: \_\_\_\_\_

People call me: \_\_\_\_\_

My birthday: \_\_\_\_\_

My age: \_\_\_\_\_

Where I live: \_\_\_\_\_

Who I live with: \_\_\_\_\_

Pets: \_\_\_\_\_

My occupation: \_\_\_\_\_

Where I am right now: \_\_\_\_\_

Where I'd be if I could: \_\_\_\_\_

My best friend: \_\_\_\_\_

Something I love about myself: \_\_\_\_\_

Something/someone that inspires me: \_\_\_\_\_

My hidden talent is: \_\_\_\_\_

A habit I want to create: \_\_\_\_\_

A habit I want to kick: \_\_\_\_\_

My happy place is: \_\_\_\_\_

I feel most at peace when: \_\_\_\_\_

I laugh the hardest with: \_\_\_\_\_





## MY CURRENT FAVORITES

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Even just thinking about my favorite things makes me happy. Here's a few of the things I love:

**Breakfast food:** *Pancakes and berries*



**Restaurant:** *Anything Italian!*



**Holiday:** *Christmas*

**Board game:** *Probably Clue or Codenames; they're always go-tos at our family game nights.*

**Hobby:** *Singing. I also love doing paint-by-numbers. They are so calming.*

**Social media app:** *Does the Pinterest app count? I get so much inspiration from it.*

**Piece of clothing:** *An oversized sweatshirt, always.*



## NOTICING WHAT'S AROUND YOU

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Our world is full of beauty and variety. With this journal and some colored pencils in hand, step outside, sit next to a window, or even claim a comfy spot on the sofa and take in all of your surroundings.

From what you can see from where you're sitting, draw something...

<p>THAT MAKES YOU HAPPY</p> <p>why did you choose this?</p>	<p>THAT IS COLORFUL</p> <p>why did you choose this?</p>
<p>THAT REMINDS YOU OF HOME</p> <p>why did you choose this?</p>	<p>THAT YOU LOVE</p> <p>why did you choose this?</p>

# SELF CHECK-IN: MIND



Our minds are the hub for our overall well-being. Take a few minutes for a little mental check-in.

Date: \_\_\_\_\_

Right now my mind feels (circle): clear / fuzzy / tired / buzzing / calm / overwhelmed

What I'm most looking forward to today: \_\_\_\_\_

What I'm most worried about right now: \_\_\_\_\_

Biggest items on my to-do list today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What I need to let go of/release control of: \_\_\_\_\_

One thing I can do to nourish my mind today: \_\_\_\_\_

One thing I can do to rest today: \_\_\_\_\_

Other things on my mind: \_\_\_\_\_

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EVERY DAY MAY NOT BE GOOD,  
BUT THERE'S SOMETHING  
GOOD IN EVERY DAY.

*alice rose earl*

