FolarraStudio

Morning Pages Journal

wake · write · clear

UNDATED · PRINTABLE · PROMPTS, TRACKERS & REFLECTION

This Journal Belongs To

for anyone building a calmer, stronger life

NAME _____

STARTED ON _____

GOAL _____

WHY _____

REWARD _____

How to use this journal

- Print the whole planner once, then print extra copies of the pages you use most, such as the Pages and Tracker pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Write three pages by hand each morning without stopping or judging.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My word for this year

Why I write each morning

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Morning Pages

write without stopping

DATE _____ PAGE _____

WRITE

Streak Tracker

color each morning you write

MONTH _____ STREAK GOAL _____

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	32	33	34	35

Insights

ideas that surfaced

DATE	INSIGHT	ACT ON
		☐
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Morning Routine

before you write

TIME	STEP
Wake	
Water	
Write	
Move	
Breakfast	
Plan the day	

Weekly Read Back

once a week

Themes

Surprises

Ideas to act on

Feelings

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this journal makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

Terms of use

- For personal use. You may print as many copies as you need for yourself and your family.
- Please do not resell or upload the files elsewhere. To share, send the link to folarrastudio.com.
- Colors may look slightly different on screen and on paper.
- Questions or ideas? Write to me through folarrastudio.com, I am happy to help.

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