

July 2026

Daily Journal - tap a date to open that day

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		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		

AFFIRMATIONS

TODAY

☐ Mobility

☐ Gym

☐ Meditate

☐ Magic

☐ Balloon

☐☐☐

GRATEFUL

YESTERDAY AWESOME BECAUSE (YAB)

What feeling did I avoid today by reaching for my phone?

Mon · Jul 6

◀ day

1

2

3

4

5

day ►

Did I treat the commute as lost time, or as some of the best time I get?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What did my body get from moving through the city instead of being moved by it?

AFFIRMATIONS

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Mobility

☐

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☐

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☐

Magic

☐

Balloon

☐☐☐

GRATEFUL

YESTERDAY AWESOME BECAUSE (YAB)

Did I thank Tori for something invisible she does that I usually let slide?

Did I pick up the cards today? If not, what was I actually avoiding?

What did Zach and Amelia learn from how I lived today, not from what I told them?

Did I pick up the kettlebell, or pick up my phone and call it a break?

AFFIRMATIONS

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☐☐☐

GRATEFUL

YESTERDAY AWESOME BECAUSE (YAB)

[illegible]

Is car-free still lightness for me, or has it curdled into one more discipline?

Wed · Jul 8

◀ day

1

2

3

4

5

day ▶

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Did I bring grandmother mind — non-judgmental presence — to the hardest moment today?

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If I skipped the gym, what's the real reason — the one I'd say out loud?

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Magic

☐

Balloon

☐☐☐

GRATEFUL

YESTERDAY AWESOME BECAUSE (YAB)

☐ _____

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Am I living car-free as a value I delight in, or a rule I resent and quietly cheat on?

Did I carry my share of the invisible load, or quietly let Tori hold it?

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GRATEFUL

YESTERDAY AWESOME BECAUSE (YAB)

Did I mentor or lift another engineer today, or did I just ship?

What will my work mean to anyone in ten years — and did today add to that?

Was I a class act in code review today, or did I let ego ride the keyboard?

Am I training for a body I can use in twenty years, or chasing a number?

AFFIRMATIONS

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☐☐☐

GRATEFUL

YESTERDAY AWESOME BECAUSE (YAB)

Was I calm like water with Zach and Amelia, or did my stress become the weather?

Sat · Jul 11

◀ **day**

1

2

3

4

5

day ▶

What did my phone cost Zach and Amelia today?

Sat · Jul 11

◀ **day**

1

2

3

4

5

day ►

What did I do today that future-me's joints, back, and heart will thank me for?

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What would my eulogy lose if the magic line came true: "he meant to get back to it"?

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GRATEFUL

YESTERDAY AWESOME BECAUSE (YAB)

[illegible]

If every day looked like today for five years, would I be proud of where I'd be?

Did I support Zach and Amelia's curiosity about tech, or keep the workshop to myself?

