

Little Moments Worth Keeping

An undated weekly journal for everyday reflection

A GIFT FROM



×



ATELIER *de* RAJI

Pages with Purpose. Planned with Precision.

How to Use This Journal

- 1 Write one moment, thought, or memory for each day.
- 2 Return during the week whenever something feels worth keeping.
- 3 Complete whichever weekly reflections feel useful.
- 4 Set intentions at the beginning of each quarter and reflect at its end.
- 5 Use the Week field for a number, date range, or personal title.
- 6 Tap the navigation and footer to move through the journal.
- 7 Duplicate an Extras page whenever additional space is needed.
- 8 Skip any question that does not serve you.

Use what feels helpful, leave what does not, and return whenever you are ready.

COPYRIGHT AND DISCLAIMER

© 2026 EchoRep × ATELIER de RAJI. All rights reserved.

- This journal is licensed for the recipient's personal use only. No part may be reproduced, redistributed, resold, or shared, in whole or in part, without prior written permission from the copyright holders.
- This journal is intended for personal reflection and general informational use. It is not a substitute for professional medical, mental-health, legal, financial, or other professional advice. Seek qualified professional support when appropriate.
- EchoRep and ATELIER de RAJI names and logos remain the property of their respective owners.

Setting Intentions for Quarter 1

What matters most next quarter, and why?

What are my three priority outcomes?

What milestones or signs will show that I am making progress?

What weekly actions, habits, or support will make them possible?

What will I protect, reduce, postpone, or say no to?

Week: _____

This Week in Little Moments

A moment that touched me

Something that inspired me

Something I learned or understood

What I want to carry forward

Memories / thoughts worth keeping

Week: _____

Monday

DATE _____

This Week in Little Moments

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

Which ordinary moment became special?

Tuesday

DATE _____

What made that moment special?

Wednesday

DATE _____

Something small that made me smile

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

What gave me energy this week?

What deserves more of my attention?

What am I proud of how I handled?

What I want to carry forward

Memories / thoughts worth keeping

Week: _____

This Week in Little Moments

Monday

DATE _____

A moment that touched me

Tuesday

DATE _____

Something that inspired me

Wednesday

DATE _____

Something I learned or understood

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

Which ordinary moment became special?

Tuesday

DATE _____

What made that moment special?

Wednesday

DATE _____

Something small that made me smile

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

What gave me energy this week?

Tuesday

DATE _____

What deserves more of my attention?

Wednesday

DATE _____

What am I proud of how I handled?

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

A moment that touched me

Tuesday

DATE _____

Something that inspired me

Wednesday

DATE _____

Something I learned or understood

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Quarter 1 Retrospective

What did I set out to do, and what actually happened?

What did I complete or move meaningfully forward?

What unexpected wins, moments, or extra contributions matter?

What helped, what got in the way, and what did I learn?

What will I carry forward, change, or gently leave behind?

Setting Intentions for Quarter 2

What matters most next quarter, and why?

What are my three priority outcomes?

What milestones or signs will show that I am making progress?

What weekly actions, habits, or support will make them possible?

What will I protect, reduce, postpone, or say no to?

Week: _____

Monday

DATE _____

This Week in Little Moments

Which ordinary moment became special?

Tuesday

DATE _____

What made that moment special?

Wednesday

DATE _____

Something small that made me smile

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

What gave me energy this week?

Tuesday

DATE _____

What deserves more of my attention?

Wednesday

DATE _____

What am I proud of how I handled?

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

A moment that touched me

Something that inspired me

Something I learned or understood

What I want to carry forward

Memories / thoughts worth keeping

Week: _____

This Week in Little Moments

Monday

DATE _____

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Which ordinary moment became special?

What made that moment special?

Something small that made me smile

What I want to carry forward

Memories / thoughts worth keeping

Week: _____

Monday

DATE _____

This Week in Little Moments

What gave me energy this week?

Tuesday

DATE _____

What deserves more of my attention?

Wednesday

DATE _____

What am I proud of how I handled?

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

A moment that touched me

Something that inspired me

Something I learned or understood

What I want to carry forward

Memories / thoughts worth keeping

Week: _____

This Week in Little Moments

Monday

DATE _____

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

Which ordinary moment became special?

Tuesday

DATE _____

What made that moment special?

Wednesday

DATE _____

Something small that made me smile

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

What gave me energy this week?

Tuesday

DATE _____

What deserves more of my attention?

Wednesday

DATE _____

What am I proud of how I handled?

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

A moment that touched me

Something that inspired me

Something I learned or understood

What I want to carry forward

Memories / thoughts worth keeping

Quarter 2 Retrospective

What did I set out to do, and what actually happened?

What did I complete or move meaningfully forward?

What unexpected wins, moments, or extra contributions matter?

What helped, what got in the way, and what did I learn?

What will I carry forward, change, or gently leave behind?

Setting Intentions for Quarter 3

What matters most next quarter, and why?

What are my three priority outcomes?

What milestones or signs will show that I am making progress?

What weekly actions, habits, or support will make them possible?

What will I protect, reduce, postpone, or say no to?

Week: _____

This Week in Little Moments

Monday

DATE _____

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

Which ordinary moment became special?

Tuesday

DATE _____

What made that moment special?

Wednesday

DATE _____

Something small that made me smile

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

What gave me energy this week?

Tuesday

DATE _____

What deserves more of my attention?

Wednesday

DATE _____

What am I proud of how I handled?

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

A moment that touched me

Tuesday

DATE _____

Something that inspired me

Wednesday

DATE _____

Something I learned or understood

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

Which ordinary moment became special?

Tuesday

DATE _____

What made that moment special?

Wednesday

DATE _____

Something small that made me smile

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

What gave me energy this week?

Tuesday

DATE _____

What deserves more of my attention?

Wednesday

DATE _____

What am I proud of how I handled?

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

A moment that touched me

Tuesday

DATE _____

Something that inspired me

Wednesday

DATE _____

Something I learned or understood

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Which ordinary moment became special?

What made that moment special?

Something small that made me smile

What I want to carry forward

Memories / thoughts worth keeping

Quarter 3 Retrospective

What did I set out to do, and what actually happened?

What did I complete or move meaningfully forward?

What unexpected wins, moments, or extra contributions matter?

What helped, what got in the way, and what did I learn?

What will I carry forward, change, or gently leave behind?

Setting Intentions for Quarter 4

What matters most next quarter, and why?

What are my three priority outcomes?

What milestones or signs will show that I am making progress?

What weekly actions, habits, or support will make them possible?

What will I protect, reduce, postpone, or say no to?

Week: _____

Monday

DATE _____

This Week in Little Moments

What gave me energy this week?

Tuesday

DATE _____

What deserves more of my attention?

Wednesday

DATE _____

What am I proud of how I handled?

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

A moment that touched me

Tuesday

DATE _____

Something that inspired me

Wednesday

DATE _____

Something I learned or understood

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

Which ordinary moment became special?

Tuesday

DATE _____

What made that moment special?

Wednesday

DATE _____

Something small that made me smile

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

Monday

DATE _____

This Week in Little Moments

What gave me energy this week?

Tuesday

DATE _____

What deserves more of my attention?

Wednesday

DATE _____

What am I proud of how I handled?

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

A moment that touched me

Something that inspired me

Something I learned or understood

What I want to carry forward

Memories / thoughts worth keeping

Week: _____

This Week in Little Moments

Monday

DATE _____

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

What did I understand differently?

Tuesday

DATE _____

What helped me become more mature?

Wednesday

DATE _____

Something I handled better than before

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

Which ordinary moment became special?

Tuesday

DATE _____

What made that moment special?

Wednesday

DATE _____

Something small that made me smile

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

What gave me energy this week?

What deserves more of my attention?

What am I proud of how I handled?

What I want to carry forward

Memories / thoughts worth keeping

Week: _____

This Week in Little Moments

Monday

DATE _____

A moment that touched me

Tuesday

DATE _____

Something that inspired me

Wednesday

DATE _____

Something I learned or understood

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Week: _____

This Week in Little Moments

Monday

DATE _____

Who made this week warmer, and why?

Tuesday

DATE _____

A conversation I want to remember

Wednesday

DATE _____

Something kind I noticed or received

Thursday

DATE _____

What I want to carry forward

Friday

DATE _____

Memories / thoughts worth keeping

Saturday

DATE _____

Sunday

DATE _____

Quarter 4 Retrospective

What did I set out to do, and what actually happened?

What did I complete or move meaningfully forward?

What unexpected wins, moments, or extra contributions matter?

What helped, what got in the way, and what did I learn?

What will I carry forward, change, or gently leave behind?

Yearly Retrospective

Which achievements and meaningful moments am I most proud of?

Which goals did I complete, change, pause, or release?

What patterns did I notice in my energy, choices, relationships, and time?

What were the year's most important lessons and turning points?

What am I carrying into the next year, and what am I leaving behind?

Introspective Questions

Everyday Reflection

1. What made me feel grateful today?
2. What feeling stayed with me today, and what stirred it?
3. What gave me a sense of relief?
4. What did I need today but not ask for?
5. What surprised me today?
6. What did I choose just for myself today?
7. What am I looking forward to now?
8. What small choice made today easier?
9. Where did I feel most at ease?
10. What would I like to do differently tomorrow?
11. What did my body ask me to notice?
12. What sparked my curiosity today?
13. What did I create, begin, or explore?
14. What boundary protected my time or peace?
15. What expectation turned out differently from reality?
16. What did I leave unsaid that still matters?
17. What was easier than I expected?
18. When did I trust myself today?
19. How did my surroundings affect my mood?
20. If today had a color, sound, or texture, what would it be?
21. What did I finish that had been waiting for me?
22. What helped me stay present today?
23. What did I make time for, even on a busy day?
24. What felt worth the effort?
25. What changed between the beginning and end of my day?
26. What did I enjoy without needing it to be productive?
27. What did I say yes to today?
28. Where did I feel useful or helpful?
29. What detail best describes the pace of today?
30. What would I tell someone who asked how today really was?

Self-Work

1. What reaction would I like to pause before repeating?
2. What promise to myself needs more consistent follow-through?
3. How did I speak to myself, and what would be kinder?
4. What am I avoiding, and what is the smallest honest step toward it?
5. What belief about myself may no longer be true?
6. Where can I take responsibility without turning it into self-blame?
7. What situation asks me to practise patience?
8. How can I listen more openly before responding?
9. Where am I comparing myself, and what standard would feel more honest?
10. Which skill or habit can I practise in one small, repeatable way?
11. What situations trigger a stronger reaction than the moment seems to require?
12. What do I usually do when overwhelmed, and what would support me better?
13. What am I trying to control that I may need to accept?
14. Which emotion is hardest for me to express honestly?
15. When do I become defensive, and what might I be protecting?
16. What obligation am I keeping from guilt rather than choice?
17. How do I behave when I fear disappointing someone?
18. What would healthy rest look like before I reach exhaustion?
19. What assumption about another person should I question or verify?
20. Which personal value do I want my actions to reflect more consistently?
21. Where am I waiting for permission that I could give myself?
22. What would be good enough for a decision I keep overthinking?
23. What part of myself do I minimise to feel accepted?
24. Where could I communicate more directly instead of hoping to be understood?
25. When something goes well, do I receive it or dismiss it?
26. Where would asking for help be a sign of wisdom?
27. What helps me stay grounded when I do not know what comes next?
28. What relationship pattern keeps repeating, and what role do I play?
29. What does forgiving myself require beyond saying the words?
30. What would courage look like in one ordinary situation this week?

Notes

TAP ON THE LOGO TO LEARN MORE



EchoRep turns live conversations into concise, verified guidance on smart glasses, helping frontline teams respond confidently while remaining present.

[Explore EchoRep](#)



ATELIER *de* RAJI

Pages with Purpose. Planned with Precision.

ATELIER de RAJI creates purposeful digital journals and thoughtful experiences, planned with care and precision.

[Visit ATELIER de RAJI](#)

Little Moments Worth Keeping brings EchoRep's focus on useful guidance together with ATELIER de RAJI's thoughtful, purpose-led design.