

Something I noticed

Something I want to remember

The Pocket Ledger



jemdesanti.com

Handwriting practice lines for the top right section, corresponding to the headers 'Something I noticed' and 'Something I want to remember'.

Handwriting practice lines for the bottom left section.

Handwriting practice lines for the bottom middle-left section.

Handwriting practice lines for the bottom middle-right section.

Handwriting practice lines for the bottom right section.

A Small Win

Something my Kid said/did

Something I'm Letting go

Something I'm Figuring out

How to use your Pocket Ledger

*There's no right way to fill this.
Just write what you don't want to lose.*

One a day. Print a fresh one each morning or evening and use it as a daily capture — a place to land the small things before they disappear. Five minutes before bed. The things that happened, the thought you had in the shower, the thing your kid said that made you laugh.

One a week. Let it live in your bag, on your desk, or on the kitchen counter all week long. Fill it as things come up. By Sunday it's a little portrait of your week that you actually want to keep.

The review practice

At the end of the day or week, flip back through it. Ask yourself:

- Does anything here belong on a list or in a project?
- Is there an idea worth developing further?
- Is there something I can finally let go of now that it's written down?
- What do I want to carry into next week?

Other ways people use it

As a reading log. A mood tracker. A recipe collector. A place to ponder instead of scrolling. A sketchbook for one idea at a time. A grief journal. A gratitude practice that doesn't feel cheesy. A place to be honest with no audience.



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How to fold your Pocket Ledger

What you'll need:

- One sheet of paper
- scissors
- flat surface

Step 1

Print on one sheet, landscape, actual size (do not scale to fit)

Step 2

Fold in half lengthwise — hotdog style

Step 3

Fold in half widthwise, then in half again

Step 4

Unfold back to the single lengthwise fold

Step 5

Cut a small slit along the center fold between the cover and panel 1 — about 2.75 inches

Step 6

Open the sheet fully, then fold lengthwise again

Step 7

Push the two ends toward each other — the pages will fan out and form a booklet

Step 8

Fold it closed and crease the spine