

# My Day in Review

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

*Affirmation of the Day*

\_\_\_\_\_

## My Goals:

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

## AM Mood:



## PM Mood:



## Today I Felt:

- |         |          |            |       |           |            |             |
|---------|----------|------------|-------|-----------|------------|-------------|
| happy   | loved    | productive | sick  | sad       | angry      | overjoyed   |
| joyful  | valued   | motivated  | tired | lonely    | anxious    | ecstatic    |
| content | proud    | alive      | bored | depressed | frustrated | appreciated |
| relaxed | grateful | excited    | lazy  | insecure  | annoyed    | rejuvenated |

## Stress Level:



## Energy Level:



## Positives Reflection:

What went well? What am I proud of? What made me smile?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Areas for Improvement:

What didn't go well? How could I have handled it differently? What would I change?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Self Care Activities:

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

## Notes and Reminders:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Journal Prompt of the Day

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

What is something you can do today to make yourself feel better tomorrow?

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## Significant Event Breakdown

Time: \_\_\_\_\_ Emotion(s): \_\_\_\_\_ Intensity (0-10): \_\_\_\_\_

Situation: \_\_\_\_\_

Thoughts: \_\_\_\_\_

Behaviors/Reactions: \_\_\_\_\_

Coping Skills Utilized: \_\_\_\_\_

What did I learn from this to help me next time? \_\_\_\_\_

## To Do List

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

## Things I'm Grateful For:

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