**Daily Journal**

Today is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Good Morning! Plan your Day.

Positive Focus, Thoughts & Intentions for today:

Daily Goals List:

1.

2.

3.

4.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Good Evening! Journal Your Experiences.

Events of the Day:

Struggles of the Day:

Victories of the Day:

Strengths & Skills Used Today:

Ways I Cared for Myself Today:

Things I am Grateful For:

Beauty and Joy I Noticed Today:

Plan for Tomorrow: