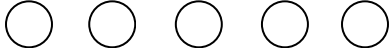


Daily Journal

Title: _____

Date: _____

Mood/Emotion Tracker



VERY SAD



VERY HAPPY

What was one thing that made you smile today?

What is one thing you are grateful for today?

How did you take care of yourself today?

What challenges did you face today, and how did you handle them?

To Do List

What is one goal or intention you have for tomorrow?