

DATE: __/__/__

AN AFFIRMATION FOR TODAY:

SLEPT: FROM __:__ TO __:__ TOTAL HOURS:

☐ GOOD DREAMS ☐ BAD DREAMS ☐ NO DREAMS

NOTES:

LESSONS	1	2	3	4	5	6/EXTRA

DAILY GOALS:

☐☐☐

WHAT I ATE FOR:

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

EXERCISE: __:__ TO __:__ TOTAL MINUTES:

TYPE(S):

OTHER ACTIVITIES:

☐ JOURNALING

☐ SOCIAL TIME

☐ SELF-CARE

☐ TIME OUTSIDE

☐ LEARNING

☐ COOKING

☐ MUSIC

☐ CLEANING

☐ ALONE TIME

☐ HAVING FUN

☐ GRATITUDE

☐ MEDITATION

☐ CREATIVE WORK

TIME:	AS I WOKE UP			AS I WENT TO SLEEP
MOOD:				
NOTES:				

THINGS THAT WERE FUN OR RELAXING TODAY:

THINGS THAT WERE HARD OR STRESSFUL TODAY:

TONIGHT I WILL MAKE SURE I:

KIND THINGS I DID FOR MYSELF TODAY:

WHAT I AM GRATEFUL FOR TODAY:

WHAT I AM LOOKING FORWARD TO TOMORROW:

BRAIN DUMP:

DATE: __/__/__

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