Daily Journal

Date: _____

Today I am Thankful For

1. _____
2. _____
3. _____

Highlights of the Day

1. _____
2. _____
3. _____

Emotions (Mood)

☐ Happy	☐ Cheerful	☐ Geeky	☐ Amused	☐ Loved	☐ Grateful	☐ Satisfied
☐ Excited	☐ Hopeful	☐ Hyper	☐ Exhausted	☐ Tired	☐ Lethargic	☐ Sick
☐ Scared	☐ Anxious	☐ Nervous	☐ Paranoid	☐ Stressed	☐ Indifferent	☐ Unwanted
☐ Angry	☐ Irritated	☐ Jealous	☐ Bitchy	☐ Pissed Off	☐ Forgetful	☐ Cranky
☐ Sad	☐ Heartbroke	☐ Mellow	☐ Lonely	☐ Depressed	☐ Bored	☐ Cynical
☐ Frustrated	☐ Annoyed	☐ Confused	☐ Impatient	☐ Restless	☐ Relaxed	☐ Content

Mental (Stress)

Level: 0 1 2 3 4 5 6 7 8 9 10

Physical Activity

Level: 0 1 2 3 4 5 6 7 8 9 10

Daily Summary:

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