



# 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)**

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

**Physical Activity**

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

### Daily Summary:

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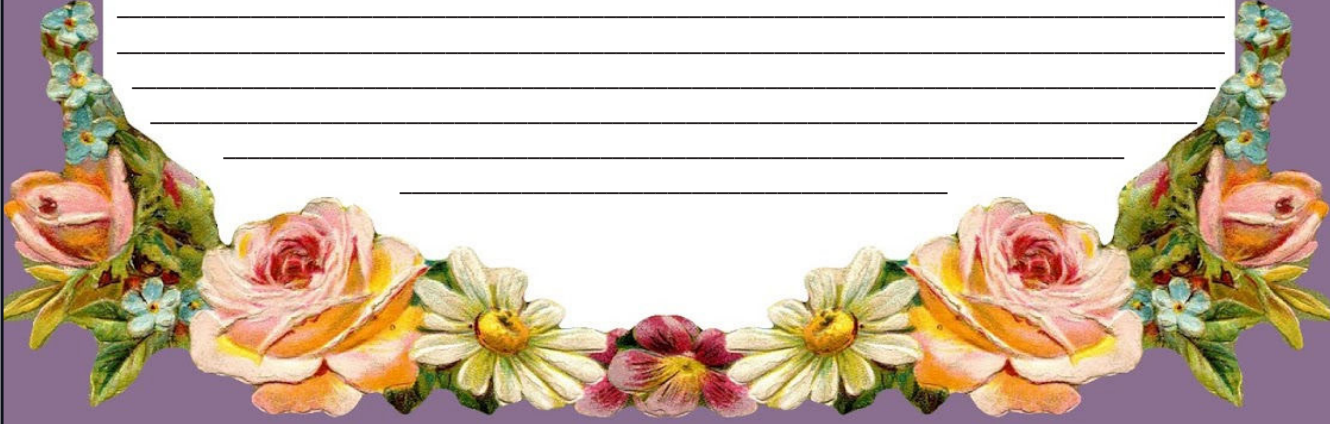
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## Highlights of the Day

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## Emotions (Mood)

- |                                     |                                     |                                   |                                    |                                     |                                      |                                    |
|-------------------------------------|-------------------------------------|-----------------------------------|------------------------------------|-------------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Happy      | <input type="checkbox"/> Cheerful   | <input type="checkbox"/> Geeky    | <input type="checkbox"/> Amused    | <input type="checkbox"/> Loved      | <input type="checkbox"/> Grateful    | <input type="checkbox"/> Satisfied |
| <input type="checkbox"/> Excited    | <input type="checkbox"/> Hopeful    | <input type="checkbox"/> Hyper    | <input type="checkbox"/> Exhausted | <input type="checkbox"/> Tired      | <input type="checkbox"/> Lethargic   | <input type="checkbox"/> Sick      |
| <input type="checkbox"/> Scared     | <input type="checkbox"/> Anxious    | <input type="checkbox"/> Nervous  | <input type="checkbox"/> Paranoid  | <input type="checkbox"/> Stressed   | <input type="checkbox"/> Indifferent | <input type="checkbox"/> Unwanted  |
| <input type="checkbox"/> Angry      | <input type="checkbox"/> Irritated  | <input type="checkbox"/> Jealous  | <input type="checkbox"/> Bitchy    | <input type="checkbox"/> Pissed Off | <input type="checkbox"/> Forgetful   | <input type="checkbox"/> Cranky    |
| <input type="checkbox"/> Sad        | <input type="checkbox"/> Heartbroke | <input type="checkbox"/> Mellow   | <input type="checkbox"/> Lonely    | <input type="checkbox"/> Depressed  | <input type="checkbox"/> Bored       | <input type="checkbox"/> Cynical   |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Annoyed    | <input type="checkbox"/> Confused | <input type="checkbox"/> Impatient | <input type="checkbox"/> Restless   | <input type="checkbox"/> Relaxed     | <input type="checkbox"/> 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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