My Daily Journal



Setting Intentions

Take time to connect with what matters to you.

- Why self care is important to me:

- What I want to prioritize more in my life:

- Three words that describe how I want to feel:

1

2

3

Daily Self Care

Today's Date:

Use this page for open journaling.

Energy level

◯ Low ◯ Medium ◯ High

Notes:

What I want to express today:

A moment that stayed with me:

How I responded to challenges today:

Emotional Check-In

Reflect gently on your inner experience.

- What emotions have I noticed lately?
- What might be contributing to these emotions?
- What helps me feel grounded when I feel overwhelmed?
- What would I say to a friend feeling this way?

Gratitude and Joy

Shift your focus gently toward what feels good.

- Today, I am thankful for:

- One moment I appreciated today

- One small thing that made me smile:

- How I can invite more of this into my life:

Looking Ahead

Create space for future care and reflection.

- What I want to carry with me into tomorrow:

- A gentle goal I'm setting for myself:

- When I imagine a calmer version of myself, I see:

- Something I want to explore more deeply: