



# Daily Journal

Date: \_\_\_\_\_

Day: S M T W T F S

How I feel (one word): \_\_\_\_\_

What's present for me right now?

One small thing I can do today that supports me.

drink water ☐  
text a friend ☐

step outside ☐  
rest ☐

one task ☐  
other ☐

**What I'm releasing.**

*I'm letting go of...*

**What I'm choosing instead.**

*I'm choosing...*

A moment I want to notice today

One thing I can be proud of today is: \_\_\_\_\_

A kind sentence to myself: \_\_\_\_\_