



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

step outside

one task

text a friend

rest

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:

