

How am I Feeling Today?

Date: _____



Feelings I Have Had Today:

- ☐ Very Calm ☐ Tired ☐ Anxious ☐ Mad
☐ Calm ☐ Sad ☐ Hopeful ☐ Other: _____

Three words to describe my mood: _____

One Thought I Want to Reframe:

Self-Compassion Check-In:

Did I speak kindly to myself today? Yes No Trying

What would I say to a friend in my situation? _____

Coping Skill I Tried (or Want to Try):

- ☐ Grounding ☐ Deep Breathing ☐ Journaling
☐ Movement ☐ Reaching Out ☐ Other: _____

End-of-Day Reflection:

Did I give myself what I needed today: Yes No I tried

One Thing I am Grateful For: _____