

# DAILY JOURNAL

DATE: \_\_\_\_\_

S M T W T F S

TODAY I FEEL:

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A GOAL I WANT TO  
FOCUS ON:

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WEATHER



I NEED TO REMEMBER:

WHAT I'M GRATEFUL FOR:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

THINGS I'M WORKING ON NOT WORRYING  
ABOUT:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

TOMORROW I LOOK FORWARD TO:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_