

# DAILY Journal



DATE:

TODAY I'M FEELING...

I'M GRATEFUL FOR...

THE BIGGEST CHALLENGES I HAVE ARE...

I KNOW I CAN OVERCOME THEM BECAUSE...

MY GOALS FOR TODAY ARE...

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● \_\_\_\_\_  
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## CLEAR MIND

Use this section to get everything on your mind out on paper so that you can take the pressure off and feel more present, mindful and in charge.