

# SAMPLE OF DAILY JOURNALING

Date \_\_\_\_\_

## Morning: Preparation for the day

1. Goals for today:
  - a. How do I want to feel today?
    - i. Happy
    - ii. Excited
    - iii. Calm/Centered
    - iv. Loved
    - v. Satisfied
    - vi. Connected
    - vii. Safe
    - viii. Confident
  - b. What do I hope to accomplish today?
    - i. Tasks to complete from calendar.
    - ii. Find opportunities to appreciate and support others during interactions.
    - iii. Engage in healthy lifestyle behaviors (e.g., nutritious food, getting outside, exercise)

## Evening: Summary and Reflection

1. Mood Tracking
  - a. Highs
    - i. Contributing factors
  - b. Lows
    - i. Contributing factors
2. Accomplishments
  - a. Satisfied with:
  - b. Things still in progress:
3. Opportunities for Learning & Growth
  - a. Outcomes
  - b. Behaviors

## Relaxing & Winding Down: Preparing for Sleep

1. Relax the Body
  - a. Relieve tension: e.g., a warm bath
  - b. Bedding comfortable: e.g., soft, supportive bedding.
  - c. Sounds: e.g., rain/water sounds.
  - d. Scents: e.g., aromatherapy
2. Relax the Mind
  - a. Reflection upon things appreciated.
    - i. Physical comfort.
    - ii. Loved ones.