

"Universal love is all around me and within me."

SECTION: Date

SECTION: Core Emotions (Circle all that apply)

Happy - Sad - Angry - Anxious - Overwhelmed - Tired - Excited - Lonely - Calm - Frustrated - Hopeful -
Confused - Grateful - Stressed - Depressed - Numb - Restless - Irritable

SECTION: Mood Levels

Depression (1-10): _____

Anxiety (1-10): _____

Energy (1-10): _____

SECTION: Sleep & Dreams

Hours slept: _____

Did I dream? Yes / No

Dream notes:

SECTION: Productivity

Did I feel productive today? Yes / No / Somewhat

SECTION: Relationships & Connection

How I related to others today (friends, family, community):

SECTION: What I Did Today

SECTION: What I Want to Remember About Today

"Universal love is all around me and within me."

SECTION: Daily Habits (Check each one)

- ☐ Morning meds ☐ Night meds ☐ Showered ☐ Teeth care
- ☐ Walked / exercised ☐ Reflected / journaled / meditated
- ☐ Practiced self-care ☐ Worked on healing & recovery

SECTION: Gratitude

One thing I'm grateful for today:

SECTION: Intention for Tomorrow (SMART-friendly)

"One small, specific thing I will do tomorrow to support the life I want is:"
