DAILY JOURNAL

SELF-DISCOVERY & PERSONAL GROWTH

DAILY
ROUTINE

Date: /   /

Day:
S □ M □ T □ W □ T □ F □ S □

Today, I am thankful for...

1. ....

2. ....

3. ....

My goal for today is...

1. ....

2. ....

3. ....

Positive thoughts I want to embrace today...

1. ....

2. ....

3. ....

DAILY GOALS *CHECK-IN*:

Goals Achieved:	Still Working On:	Focus for Tomorrow:

• Mood Tracker:

☹ 😦 😕 🙂 😄 *(Circle the one that fit)s*

• Day Rating:

☆ ☆ ☆ ☆ ☆ *(Circle how many stars you give)*

• Intentions for Tomorrow:

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