Daily Journal Template

Date: _____

Mood:

- ☐ Excellent
- ☐ Good
- ☐ Okay
- ☐ Not so great
- ☐ Bad

Emotions (List up to 5):

1. _____
2. _____
3. _____
4. _____
5. _____

Morning Routine:

- ☐ Wake-up time: _____
- ☐ Breakfast: _____
- ☐ Exercise: _____
- ☐ Meditation or Mindfulness: _____
- ☐ Other: _____

Daily Goals:

1. _____
2. _____
3. _____
4. _____
5. _____

Activities:

- [ ] Work/School_____
- [ ] Exercise_____
- [ ] Socializing_____
- [ ] Hobbies/Interests_____
- [ ] Self-Care_____
- [ ] Other_____

Gratitude:

List at least three things you're grateful for today:

1. _____
2. _____
3. _____

Challenges Faced:

Identify any challenges or obstacles you encountered today:

1. _____
2. _____
3. _____

Notes and Reflections:

Write down your thoughts, experiences, or anything significant from your day here. Use this space to explore your feelings, reflect on your achievements, and consider ways to address challenges.

Evening Routine:

- [ ] Dinner: _____
- [ ] Relaxation: _____
- [ ] Screen Time Limit: _____
- [ ] Bedtime: _____

Self-Care Activities:

- [ ] Read_____
- [ ] Listen to Music/Podcast_____
- [ ] Journal_____
- [ ] Take a Bath_____
- [ ] Other: _____

Three Things I Did Well Today:

1. _____
2. _____
3. _____

This comprehensive daily journal template provides space for a variety of elements to help you track your day, emotions, and reflections effectively. Customize it as needed to make it suit your preferences, and then save it as a PDF for easy daily use.