### **Daily Journal for Mental Health**

#### **Date:**

[Insert today's date]

#### **1. Gratitude:**

* Write 3 things you are grateful for today.
  + Example: A supportive friend, peaceful time, or your favorite meal.

#### **2. How I Felt Today:**

* Describe your emotions or mood today.
  + Example: Anxious, calm, joyful, or overwhelmed.

#### **3. What Helped Me Today:**

* Note something that improved your mental health or made you feel better.
  + Example: Meditation, talking to a friend, or taking a walk.

#### **4. Challenges I Faced:**

* Write about any emotional or mental struggles today.
  + Example: Feeling stressed, having negative thoughts, or feeling tired.

#### **5. Positive Affirmation:**

* Write one positive thought or affirmation for yourself.
  + Example: "I am enough" or "I can handle challenges."

#### **6. Plan for Self-Care Tomorrow:**

* List one or two things you will do for your mental health tomorrow.
  + Example: Practice deep breathing or spend time outdoors.