

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.