

# Journal

Date: \_\_\_\_\_

How do I feel today?

<i>Mentally</i> - 1 2 3 4 5 6 7 8 9 10 +
<i>Physically</i> - 1 2 3 4 5 6 7 8 9 10 +
<i>(circle one)</i>

Thoughts of the day:

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Exercise I did today...
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What I'm grateful for today...
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What am I looking forward to tomorrow?

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