

A red scribble consisting of several overlapping, hand-drawn loops, positioned to the left of the title.

MY JOURNAL

CONFIDENCE,.. SOMETIMES NEEDS TO BE CALLED
FROM WITHIN.

I HAVE REPEATED THE SAME WORDS TO MYSELF
MANY TIMES NOW THROUGH MANY CLIMBS.

AM I GOOD ENOUGH? YES, I AM.

-MICHELLE OBAMA



MY ASPIRATIONS

DATE

M T W T F S S

WE CAN LIVE THE LIFE WE WANT BY
MAKING SMALL CHANGES EVERY DAY

3 THINGS THAT ARE MEANINGFUL IN MY LIFE

PERSONAL LIFE

PROFESSIONAL LIFE

OTHER

Trigger

MY ASPIRATIONS

SOMETHING THAT INSPIRED ME TODAY

Daily Affirmation

NOTES & FREE THOUGHTS

ANXIETY MANAGEMENT

DATE

M T W T F S S

WE CAN CONTROL OUR ANXIETY BY
CHANGING OUR RESPONSE TO ANXIOUS
THOUGHTS.

TODAY I FELT ANXIOUS/NERVOUS

TRIGGER

THOUGHTS

FEELINGS

MY RESPONSE

NEXT TIME IN A SIMILAR SITUATION I WILL

Daily Affirmation

NOTES & FREE THOUGHTS

STRESS MANAGEMENT

DATE

M T W T F S S

STRESS IS AN EMOTIONAL RESPONSE
WHICH CAN BE MANAGED USING
POSITIVE TECHNIQUES.

TODAY I FELT STRESSED

TRIGGER

THOUGHTS

FEELINGS

MY RESPONSE

NEXT TIME IN A SIMILAR SITUATION I WILL

Daily Affirmation

NOTES & FREE THOUGHTS

STRESS MANAGEMENT

DATE

M T W T F S S

STRESS IMPACTS PHYSICAL HEALTH TOO.

TODAY I FELT STRESSED

TOP 3 STRESSORS

NEGATIVE WAYS TO COPE

POSITIVE WAYS TO COPE

MY RESPONSE

THIS HELPS ME MANAGE STRESS EFFECTIVELY

Daily Affirmation

NOTES & FREE THOUGHTS

ANGER MANAGEMENT

DATE

M T W T F S S

ANGER IS A SECONDARY EMOTION. UNLESS WE TAKE CARE OF THE PRIMARY EMOTION -- SUCH AS FEELING HURT, SAD, OR DISAPPOINTED -- ANGER WILL NOT SUBSIDE.

TODAY I FELT ANGRY/MAD/FURIOUS

TRIGGER

THOUGHTS

PRIMARY EMOTIONS

MY RESPONSE

NEXT TIME IN A SIMILAR SITUATION I WILL

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NOTES & FREE THOUGHTS

DEPRESSION MANAGEMENT

DATE

M T W T F S S

SADNESS COMES IN DIFFERENT SHADES
FROM LIGHT TO DARK.

TODAY I FELT SAD/BLUE/MISERABLE

TRIGGER

THOUGHTS

SHADES OF SADNESS

MY RESPONSE (CHECK ALL THAT APPLY)

- Mindfulness exercise
- Visualizing relaxing scene
- Engaging in activity
- Calling a trusted person
- Yoga
- Listening to music
- Watering plants
- Journaling
- Drawing
- Exercise
- Walking a dog
- Praying
- Lighting a candle
- Self-soothing - use 5 senses
- Using affirmations
- Other -

THIS HELPS ME THE MOST

MY RELATIONSHIPS

DATE

M T W T F S S

THE MOST IMPORTANT PART OF ANY
RELATIONSHIP IS THE QUALITY OF
CONNECTION.

I FEEL SECURE IN MY RELATIONSHIP WITH

THINGS I VALUE IN THIS RELATIONSHIP ARE

I FEEL INSECURE IN MY RELATIONSHIP WITH

SOME THINGS I WOULD LIKE TO CHANGE IN THIS RELATIONSHIP ARE

THINGS I CAN CONTROL

THINGS I CAN'T CONTROL

ACTION STEPS I CAN TAKE

MY RELATIONSHIPS

DATE

M T W T F S S

RELATIONSHIPS CAN CHANGE WITH TIME.
IT'S OK.

SOMEONE I COULD BE MORE COMPASIONATE WITH IS

SOMEONE I NEED TO UNDERSTAND MORE IS

SOMEONE I NEED TO STOP TRYING TO CONTROL IS

SOMEONE I NEED TO THANK MORE IS

SOMEONE I NEED TO LET GO OF IS

SOMEONE I NEED TO MAKE AMENDS WITH IS

SOMEONE I NEED TO ACCEPT WITHOUT JUDGMENT IS

ACTION STEPS I CAN TAKE

MY BOUNDARIES

DATE

M T W T F S S

HEALTHY BOUNDARIES ARE ESSENTIAL
FOR HEALTHY RELATIONSHIPS.

RIGID BOUNDARIES

- Inability to share
- Creating walls in relationships
- Can't compromise
- Unable to build close relationships
- Can't ask for help

POROUS BOUNDARIES

- Can't say NO
- Dependent on other's opinions
- Accepts abusive behavior
- Always compromises
- Overshares

HEALTHY BOUNDARIES

- Values self-respect
- Can set limits
- Can communicate needs without feeling guilty
- Respects others
- Appropriately shares personal info

SOMEONE I HAVE RIGID BOUNDARIES WITH

SOMEONE I HAVE POROUS BOUNDARIES WITH

SOMEONE I HAVE HEALTHY BOUNDARIES WITH

ACTION STEPS I CAN TAKE TO IMPROVE MY BOUNDARIES

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

THINGS THAT MADE ME SMILE TODAY







SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

Daily Affirmation

NOTES & FREE THOUGHTS

