

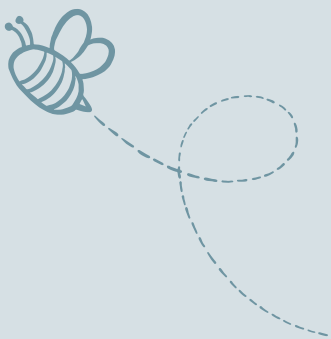
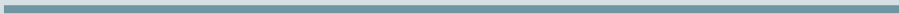
Self-Discovery and Growth

DAILY
Journal





THIS JOURNAL
BELONGS TO



DAILY CHECK-IN

How are you
feeling today?

Things you are
grateful for

:

1.

2.

3.

Today's
affirmations

:

My mood today is...

☐

Calm

☐

Rested

☐

Annoyed

☐

Happy

☐

Angry

☐

Sad

☐

Anxious

☐

Stress

☐



SOMETHING ON YOUR MIND?

Reflection & Self-Analysis

Creative Expression

Daily Habits & Self-Care

Personal Goals



What is something you hope to let go of?

Describe a situation today where you stepped out of your comfort zone. What did you learn about yourself in the process?

Consider a situation today where you received constructive criticism or feedback. How did you respond, and what did you learn about your capacity for growth and learning?

Reflect on a moment today when you celebrated a success or achievement, no matter how small. What strengths or qualities did you recognize in yourself as a result?

What is your biggest regret?



