Date: _____

1. How do you feel today? (e.g., happy, sad, anxious)

2. What was the highlight of your day?

3. Did anything make you feel stressed or upset?

4. What is one thing you are grateful for today?

5. How would you rate your overall mood today? (1 = very low, 10 = very high)

6. Did you do anything to improve your mood today? If yes, what?

7. Any additional thoughts or feelings you'd like to note?