

Daily Progress

DATE:

MOOD ELEVATION (1 LOW - 10 HIGH)

1
2
3
4
5
6
7
8
9
10

SELF-CARE HABITS

- 8 Hours Sleep
- Physical Activity
- Healthy Meals
- Meditation / Silence
- Social Connection

ANXIETY LEVEL

Low
Med
High

PRIMARY EMOTION

DAILY REFLECTION & GRATITUDE

GOALS FOR TOMORROW

Progress is not linear. Be kind to yourself.