

daily journal



SLEEP

LAST NIGHTS BED TIME		WAKE UP TIME	
TOTAL HOURS SLEEP		QUALITY OF SLEEP	

THIS MORNING I FEEL

NOT GREAT

AVERAGE

FANTASTIC

I AM GRATEFUL FOR



1

.....

2

.....

3

.....

THINGS THAT MADE ME HAPPY



1

.....

2

.....

3

.....

THINGS TO LOOK FORWARD TO



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.....

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HOW CAN I IMPROVE FOR TOMORROW



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TONIGHT I FEEL

NOT GREAT

AVERAGE

FANTASTIC

