

DAILY REFLECTIONS

STRESS LEVEL

TODAYS DATE: _____

M T W Th F S Su



RATE YOUR DAY:

10

morning:

[Progress bar for morning stress level]

day:

[Progress bar for day stress level]

night:

[Progress bar for night stress level]

ENERGY LEVEL

morning:

[Progress bar for morning energy level]

day:

[Progress bar for day energy level]

night:

[Progress bar for night energy level]

Today's goals:

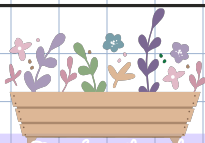
Today's affirmations:

What did you accomplish today?

[Lined area for accomplishments]

What did you do for yourself today?

[Lined area for self-care activities]



Describe the emotions you experienced today:

[Lined area for emotions]



Thoughts / Ideas?

[Lined area for thoughts and ideas]

