

Adult Daily Journal

Date: _____

Today I Feel:

Highlights:



Focus For Today:

Gratitude:

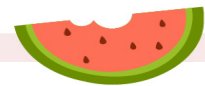
1. _____

2. _____

3. _____

4. _____

Something I Noticed:



Reflection:

Tomorrow I Want To:

