

Dear Diary...

Date:

What was the best thing that happened today?

What happened today that I am grateful for?

What did I learn today?

Did I make time for myself today?

What was my overall mood like today?

Was there anything that made me feel down today?

How did I overcome challenges today?

What did I do to take care of myself today?

What made me happy today?

What are my goals for tomorrow?