

DAILY JOURNAL for TEENS

Today was a _____ day because _____

_____.

My predominant mood(s) for the day: _____.

On a scale of 1-10, I was this respectful today: _____; I was this responsible today: _____

One goal that I have for tomorrow is to _____

_____.

Here are two ways that I took initiative around the house today:

1. _____

2. _____

Here is an example of how I demonstrated the following character trait today:

(Choose one: **Honesty, Courage, Responsibility, Patience, Self-Discipline, Kindness**)

One thing that stressed me out today is _____

_____.

Here is what I did to relieve my stress _____

Here are some other thoughts about my day: _____

