

Daily Journal

by Medigold Health

Date:



AM



PM



Use this space to record your current mood or emotions. You could use the above emoticons, a scale (e.g. 1-5) or descriptive terms (e.g. happy, sad, excited) to capture how you're feeling.



What I am grateful for

Use this space to express things you're grateful for each day. Gratitude journaling can have numerous positive effects on wellbeing.



What I accomplished today

Use this space to celebrate your accomplishments or positive things you've done during the day, no matter how big or small.



Goals and intentions

Use this space to write down your goals, intentions or affirmations for the day or the future. This helps with focus and motivation.



Space for doodling

If you enjoy creative expression, use this space for doodling, sketches or any form of art that complements your journaling.



Reflections

Use this space to reflect on the events of the day, any insights you gained, or lessons learned.

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AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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What I am grateful for



What I accomplished today



Goals and intentions

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Space for doodling



Reflections
