Diary

Name (optional): Entry 1 Today's mood: Date: Thoughts and feelings for today: Highlight of the day: **Challenges faced:** Goals for tomorrow: Entry 2 Date: Today's mood: Thoughts and feelings for today: Highlight of the day: **Challenges faced:** Goals for tomorrow:

Entry 3	
Date:	Today's mood:
Thoughts and feelings for today:	
Highlight of the day:	
Challenges faced:	
Goals for tomorrow:	
Entry 4	
Date:	Today's mood:
	Today's mood:
Date:	Today's mood:
Date: Thoughts and feelings for today:	Today's mood:
Date: Thoughts and feelings for today:	Today's mood:
Date: Thoughts and feelings for today:	Today's mood:
Date: Thoughts and feelings for today: Highlight of the day:	Today's mood:
Date: Thoughts and feelings for today: Highlight of the day:	Today's mood:
Date: Thoughts and feelings for today: Highlight of the day:	Today's mood:
Date: Thoughts and feelings for today: Highlight of the day: Challenges faced:	Today's mood: