

DAILY JOURNAL

keep track

progress not perfection



therecoveryrealm.com

DAILY CHECK IN

DATE:

HOW WAS MY DAY?

TASKS FOR TODAY

MOOD TODAY

I AM GRATEFUL FOR:

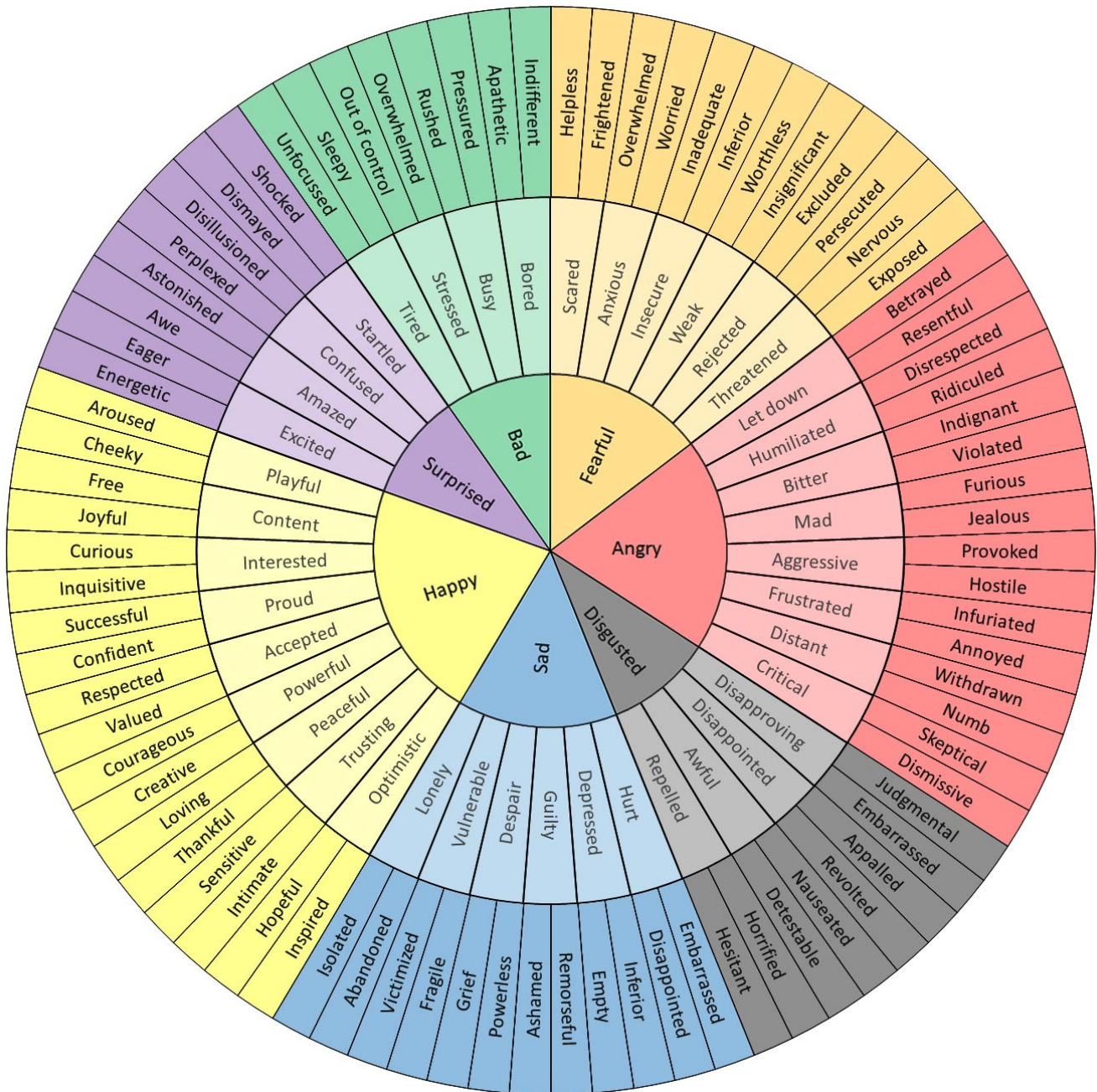
SELF-CARE

- ☐ MEDITATION / DAILY READING
- ☐ AFFIRMATIONS
- ☐ ATE REGULAR MEALS AND SNACKS
- ☐ WENT TO A MEETING
- ☐ TOOK A TIME OUT
- ☐ EXERCISED
- ☐ CHECKED IN WITH SUPPORT GROUP

☐ I STAYED CLEAN AND SOBER TODAY

THE WHEEL

of emotion



created by Robert Plutchick,

REFRAME

messages to respond not react

WHAT AM I FEELING

WHAT HAPPENED

HOW DID I REACT

HOW DID IT GO

WHAT BELIEFS DID I AUTOMATICALLY REACT TO

ARE THOSE BELIEFS TRUE

HOW CAN I REFRAME MY THOUGHTS

HOW CAN I RESPOND NEXT TIME

JOURNAL

get it out of my head and let it go

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