

## Daily Journal

| Week of:   |
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| Morning:   |
| What do I remember about my dream(s) last night? (in point form, images, objects, colors, numbers, feelings, etc.) |
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| Five things you're grateful for (these can include people or animals or literally anything)                        |
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| Evening:   |
| What made me feel good today and why?  |
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| What upset me today and why?   |
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