

Date ___/___/___

Today's Mood     

Thorns of the Day *(the lows)*

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Buds of the Day *(the highs)*

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Things I Did for Myself Today

- _____
- _____
- _____
- _____
- _____

Did I....

- get enough sleep last night? **Yes/No**
- eat well today? **Yes/No**
- drink enough water today? **Yes/No**
- feel fulfilled today? **Yes/No**
- invest in myself today? **Yes/No**

Things I Look Forward to Tomorrow

- _____
- _____
- _____
- _____
- _____

Notes