

Daily Journal



OXFORD
CBT

Title:

Date:

MOOD / EMOTION TRACKER



VERY SAD



VERY HAPPY

THINGS THAT I AM GRATEFUL FOR:

MY GOALS AND INTENTIONS:

SPACE FOR CREATIVITY:

DOODLES, ILLUSTRATIONS,
THOUGHTS, TEXT ETC

REFLECTIONS:

WHAT I ACCOMPLISHED TODAY:

Here's a guide on how you can use this Daily Journal.

Date

Start each entry with the date, allowing you to track your entries and organise them chronologically.

Title or Heading

Consider adding a brief title or heading to each entry, to summarise the main focus or theme of the day's journaling.

Mood or Emotion Tracker

You might want to include a section or section heading to record your current mood or emotions. You can use a scale (e.g. 1-5) or descriptive terms (e.g. happy, sad, excited) to capture how you're feeling.

Things That I am Grateful For

Consider adding a dedicated space to express things you're grateful for each day. Gratitude journaling can have numerous effects on well-being.

Goals and Intentions

Include a section where you can write down your goals, intentions, or affirmations for the day or the future. This helps with focus and motivation.

Reflections:

Add a section where you can reflect on the events of the day, any insights you gained, or lessons learned.

What I Accomplished Today

Dedicate a spot to celebrate your accomplishments or positive things you've done during the day, no matter how big or small.

Space for Creativity:

If you enjoy creative expression, you can add an area for doodling, sketches, or any form of art that complements your journaling.