

JOURNAL



*If you opened this, there's already
something worth saying. Flip to any page.
Start anywhere. Say anything...*

Emotions Tracker

	S	M	T	W	T	F	S
Overwhelmed	☐	☐	☐	☐	☐	☐	☐
Connected	☐	☐	☐	☐	☐	☐	☐
Low Mood	☐	☐	☐	☐	☐	☐	☐
Triggered	☐	☐	☐	☐	☐	☐	☐
Unclear	☐	☐	☐	☐	☐	☐	☐
Hopeful	☐	☐	☐	☐	☐	☐	☐

Energy Level

Low ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ High

Reflections

I give myself credit for... _____

Something I did today that mattered to me... _____

January, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

February, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

March, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

April, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

May, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

June, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

July, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

August, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

September, 20__

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

October, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

November, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

December, 20 ____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

Journal Entry # _____ Date: / / 20 _____

Today I handled... _____, better than expected.



*Nothing you wrote was
wasted. Even the smallest truth opens
something bigger.*

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