

## Daily Journal Template

General Topic: \_\_\_\_\_

Date: \_\_\_\_\_

Entry: \_\_\_\_\_

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Draw About It:



What do I *think* about the situation? And what do I *feel* about the situation? \_\_\_\_\_

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Rating from 1 to 10, how do I feel about my initial reaction to the situation (10 being best, 1 being worst)? \_\_\_\_\_

If I could go back in time, would I respond differently? If so, how? \_\_\_\_\_

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What am I going to do about this situation moving forward? \_\_\_\_\_

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