

Anxiety & Mood Journal



Niche Passion Blogs

Yearly Life Goals

February

January

March

April

May

June

July

August

September

October

November

December

Anxiety Checklist

Week of: _____

[illegible]

Being Present

Hear

Smell

Touch

Teste

See

Emotionally

Dream Journal

Today's Date:

Where: Location Place

When: Time Of Date/Season:

Are You Alone?

Any Recurring Themes, landscapes Objects?

Sleep Tracker

Month:

[illegible]

Mood Chart

Month:

DAY	AWESOME	GOOD	NEUTRAL	BAD	TERRIBLE
DAY 01					
DAY 02					
DAY 03					
DAY 04					
DAY 05					
DAY 06					
DAY 07					
DAY 08					
DAY 09					
DAY 10					
DAY 11					
DAY 12					
DAY 13					
DAY 14					
DAY 15					
DAY 16					
DAY 17					
DAY 18					
DAY 19					
DAY 20					
DAY 21					
DAY 22					
DAY 23					
DAY 24					
DAY 25					
DAY 26					
DAY 27					
DAY 28					
DAY 29					
DAY 30					
DAY 31					

[illegible]

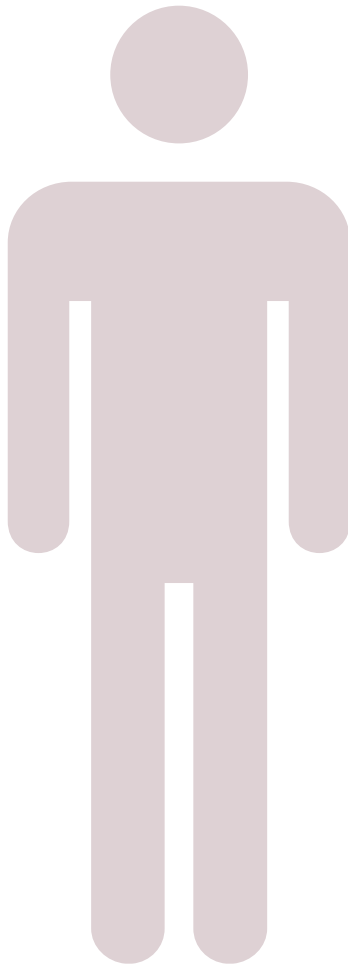
Tension Check-in

Week:

Date:

What Big Events Have Happened this Week

Relies the Tension



Appointments

PLACE:

DATE:

DOCTOR:

APPOINTMENT PURPOSE:

QUESTIONS TO ASK

☐ _____

☐ _____

☐ _____

DOCTOR NOTES

AFTER APPOINTMENT TO-DO LIST

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Habit Tracker

Week:

HABIT	SUN	MON	TUE	WED	THU	FRI	SAT

NOTES

Medication Tracker

[illegible]

Self Care Log

SELF CARE TASK	SUN	MON	TUE	WED	THU	FRI	SAT

NOTES

Medication Log

[illegible]

Daily Planner

Date: _____

TODAY'S AFFIRMATION	I AM GRATEFUL FOR
SCHEDULE	TOP 3 TASKS
6 Am:	
7 Am:	
8 Am:	
9 Am:	TO-DO LIST
10 Am:	☐
11 Am:	☐
12 Pm:	☐
1 Pm:	☐
2 Pm:	☐
3 Pm:	☐
4 Pm:	☐
5 Pm:	☐
6 Pm:	☐
7 Pm:	☐
8 Pm:	☐
9 Pm:	☐
10 Pm:	☐

Symptoms Tracker

[illegible]

TO-DO List

[illegible]

Dates to Remember

January	February	March
April	May	June

Do More of makes you Happy!

[illegible]

Daily Gratitude

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Month: _____

Challenges

--

--

Notes

1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 26

My Happy Place

Hope is the core of all Happiness on earth

My Favorite Books

☐		☐	
☐		☐	
☐		☐	
☐		☐	

My Favorite Songs

☐		☐	
☐		☐	
☐		☐	
☐		☐	

My Favorite Games

☐		☐	
☐		☐	
☐		☐	
☐		☐	

Self-Assessment

I eat healthy foods regularly

☐ — ☐ — ☐

Disagree Neutral Agree

I get an adequate amount of sleep

☐ — ☐ — ☐

Disagree Neutral Agree

I exercise regularly

☐ — ☐ — ☐

Disagree Neutral Agree

I rest when I'm sick

☐ — ☐ — ☐

Disagree Neutral Agree

I take enough time off work

☐ — ☐ — ☐

Disagree Neutral Agree

I have hobbies and passions that I enjoy

☐ — ☐ — ☐

Disagree Neutral Agree

I speak openly about my problems

☐ — ☐ — ☐

Disagree Neutral Agree

I spend time with friends and family

☐ — ☐ — ☐

Disagree Neutral Agree

I work on my personal growth

☐ — ☐ — ☐

Disagree Neutral Agree

I feel grateful about many aspects of my life

☐ — ☐ — ☐

Disagree Neutral Agree

I'm happy with my work

☐ — ☐ — ☐

Disagree Neutral Agree

I work on my professional skills

☐ — ☐ — ☐

Disagree Neutral Agree

Self Care Log

Self Care Task	Sun	Mon	Tue	Wed	Thu	Fri	Sat

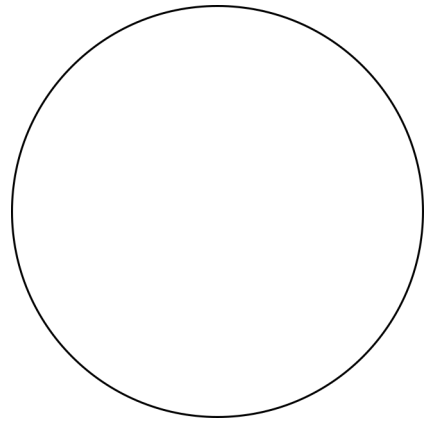
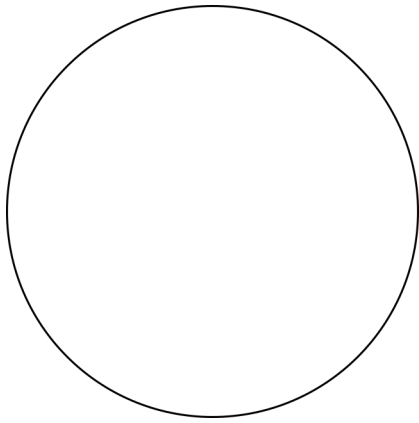
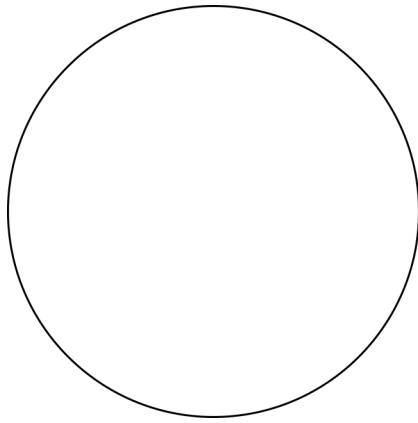
Notes

[illegible]

Inspirations

[illegible]

Affirmations



MY POSITIVE AFFIRMATION STATEMENT

[illegible]

Goal Planner

Start Date:

End Date:

My Goals

Affirmation/ Quote

ACTION PLANS

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

Reframe My Thoughts

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

Behavior Tracker

Self Care Task	Sun	Mon	Tue	Wed	Thu	Fri	Sat

BEHAVIOR I STRUGGLED ME THE MOST THIS WEEK

TECHNIQUES THAT HELP ME TO AVIOD THESE BEHAVIOR

Dysfunctional Thoughts Record

WHAT HAPPENED?

HOW DO I FEEL RIGHT NOW?

WHAT BOTHERS ME IN THIS SITUATION?

RATIONAL RESPONSE TO NEGATIVE THOUGHTS?

HOW DO I FEEL NOW?

Survival Planner

[illegible]

Daily Thought Challenge

Date: _____

WHAT WAS THE WORST PART OF MY DAY

--

MY NEGATIVE THOUGHTS COMING UP

MY KINDER WAY TO LOOK AT IT

HOW CAN I WORD IT NICER

HOW CAN I COPE?

--

Current Situation

Date: _____

MY CURRENT SITUATION

CONCERNS ABOUT MY CURRENT SITUATION

THINGS I AM GRATEFUL FOR DESPITE MY SITUATION

WHAT IS MY DESIRED OUTCOME?

Activities Tracker

ACTIVITIES I LOVE DOING AT HOME

ACTIVITIES I LOVE DOING OUTSIDE

ACTIVITIES I LOVE DOING WITH OTHERS

ACTIVITIES I AM EXCITED TO TRY

Medications Tracker

[illegible]

Vision Board

A large, empty rectangular box with rounded corners, intended for a vision board. The box is white and occupies the majority of the page below the title. It is designed for users to paste or draw their vision board content within its boundaries.

Bucket List

[illegible]

Notes

Date: _____

[illegible]