

The purpose of your daily journal is to keep track of who you are, and what you are doing TODAY. Use these questions to help inspire your writing. Keep your responses simple and as honest as you can.

Remember that a daily journal is not a test. If you miss a day, do not make it up later, but pick up with the current day. Do not get upset if you think you could have done better or if you fail to live up to your expectations of yourself.

☐ **Just for today... my thoughts will be on my healing and growth in my new life.**

- How do I feel about myself today?
- What did I do today that I wish I had not done?
- What have I left undone that I wish I had done?
- What did I do today that I didn't want to do but felt good about the results?
- Was I good to myself today? How?
- Was today a good or bad day? What made it good or bad?

☐ **Just for today... I will reach out and ask for help/support.**

- Did I talk to a friend, co-worker, family member, etc.?
- Did I share my experiences, strengths, and hopes?
- Who are the people in my life today that I trust?
- Who has trust in me today?

☐ **Just for today... I will enrich my life.**

- Did I read any information on grief?
- Of these readings, what helped me most or were most interesting?
- What did I learn about myself today?

☐ **Just for today... I will try to get a better perspective on my life.**

- Did I allow myself to become totally occupied with my thoughts today?
- Did I say or do anything to cause emotional harm to myself or another person? If so, what?
- Am I willing to try to do something different today?