

# Daily Recovery Journal

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

## Morning Reflection

*What is your intention for today?*

(Write a few sentences about what you want to focus on or achieve today in your recovery.)

## Gratitude

*List three things you're grateful for today.*

- 1.
- 2.
- 3.

## Mood

*How are you feeling today?*

(Use words or phrases to describe your emotional state.)

- **Mood:** \_\_\_\_\_
- **Intensity (0-10):** \_\_\_\_\_
- **Physical state:** (e.g., tired, energized, restless, calm) \_\_\_\_\_
- **Thoughts:** (What thoughts are on your mind right now?) \_\_\_\_\_

## Challenges

*What challenges are you facing today in your recovery?*

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*What steps can you take to manage or overcome these challenges?*

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## Achievements

*What are you proud of today?*

(This can be anything—big or small—that you feel good about.)

- 1.
- 2.
- 3.

### **Self-Care**

*What did you do today to take care of yourself?*

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### **Evening Reflection**

*What went well today in your recovery?*

(Reflect on the day—what moments made you feel positive about your progress?)

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*What do you want to focus on tomorrow?*

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### **Daily Affirmation**

*Write one positive affirmation for yourself today.*

(E.g., "I am capable of overcoming challenges," "I am making progress every day," "I am worthy of recovery.")

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### **End of Day Summary**

*How do you feel as you end the day?*

(Overall, how do you feel emotionally, physically, and mentally?)

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### **Notes / Thoughts for Tomorrow:**