



A daily moment for yourself

RECOVERY JOURNAL

In the evening, take a few minutes to pause over the passing day. It's not about pretty words, but about honest contact with yourself. You can copy each page for your whole stay.

Date:

Day of stay:

● **How do I feel today?**

calm

hope

gratitude

anxiety

sadness

anger

tiredness

pride

relief

longing

● **My intention for today** *what I want to bring into this day*

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● **What I am grateful for today**

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● **Today I took care of myself by...**

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● **A hard moment and how I coped with it**

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● **What I learned about myself today**

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● **A thought or a small intention for tomorrow**

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