

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



**How I'm feeling today:**

(Use this space to describe your emotions. Feel free to be as detailed or as brief as you like.)

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**Thoughts on my day:**

(Reflect on any significant events, interactions, or moments from your day. What stood out to you?)

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**Things on my mind:**

(Write down any thoughts or concerns that have been occupying your mind, whether big or small.)

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**Personal Insights:**

(Have you learned anything new about yourself today? Have you noticed any patterns in your feelings or behavior?)

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**Notes:**

- This log is a private space for you to reflect on your thoughts and feelings. There is no right or wrong way to use it.
- Feel free to skip sections or add your own as needed. This is your personal reflection tool.
- Bring this to our sessions if you'd like to share any insights or reflections, but remember, it's entirely optional.