




Have you hugged a tree today?

Daily LifeSkills Journal

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S leep Hours Time Awaken Time to Bed							
L ove Yourself							
E at Balanced Meals							
Breakfast-8 AM							
Snack-10 AM							
Lunch-Noon							
Snack-3 PM							
Dinner-6 PM							
E xercise Daily 30 min							
P leasure Planned Daily							
S omeone Else—Acts of Kindness							
S pirituality and Personal Growth							
Depression 1-Low 10-High							
Anxiety 1-Low 10-High							
Stress 1-Low 10-High							
Interfering or Uncomfortable Situation/Space							
Coping Skill Tried							
Effective?	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO
 I Am Thankful For							