

Day: _____ Date: _____

Hours Sleep Last Night? _____

Time awake: _____

Time to bed: _____

H__S__A__W__

H__S__A__W__

10 Minute Daily Journal:

- Review BRAVE Skills” Breathe Rate Action Voice Evaluate:
How did I use my strategies in the past 24 hours? What action did I choose?

- Contentment Reflection

1 thing to **look forward to tomorrow...**

2 things to **be happy/grateful about right now...**

1 way to help me enjoy/tolerate **something I have to do tomorrow...**

1 **kind act...**that I will try to do tomorrow...

1 plan to **build, maintain, or repair relationships...**

- My challenges
 - Today’s challenge/progress :

○ Tomorrow’s challenge:

Physical Activity Today? _____

Healthy Food Choices:? Yes No OK

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Physical Activity Today? _____

Healthy Food Choices:? Yes No OK