

Self-Esteem Journal

Use this journal to explore positive feelings about yourself. Make copies as needed.

Date: _____

Something good that happened to me today was _____

Something positive someone said about me: _____

A compliment that I would give myself today is _____

Positive feelings that I experienced today are

_____	_____
_____	_____
_____	_____

I made someone else feel good by _____

I had a negative thought about myself when _____

A different thought that I can have next time is _____

Something I can do to make tomorrow a better day is _____



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ANXIETY BREAKDOWN

What is triggering my anxiety?

What are some of the thoughts that I am having?



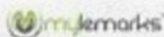
How is my body responding?

What is the worst thing that can happen?

What do I have in my control to keep this from happening?

What can I do to calm my body down?

What are positive thoughts to help calm my mind?



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20 JOURNAL PROMPTS FOR ANXIETY AND DEPRESSION

- List 20 things that make you smile.
- Write about what you love about life.
- When things seem tough, I want to remember _____
- What is something that you have overcome?
- Write about some of the kindest things that you can do for yourself when you are in pain (physical and/or emotional).
- Write about your victories this week.
- What do you think your life would be like if you didn't have anxiety or depression?
- What positive changes have you made or experienced in the past year?
- Write the words that you need to hear.
- What does your best day look like?
- What would you like to be remembered for?
- Write about one thing that you look forward to every day.
- Build a list of 15 songs that can help change your mood.
- Write about five of your best talents.
- List three things that you would do if you weren't afraid.
- What are five things that help you feel better when things are difficult?
- Write about ten things that you are thankful for.
- What is your favorite memory?
- Choose one thing that triggers anxiety or depression, and then write about a few ways that you can combat this trigger.
- Write about something that you forgive yourself for.



www.discobumblebee.com



Habit Tracker

Month/Year: _____

A circular habit tracker grid with 30 segments, each representing a day of the month. The segments are arranged in a circle, with the top segment labeled 1 and the bottom segment labeled 30. Each segment is divided into 10 rows, creating a grid of 300 cells. The grid is currently empty, with no data entered.



10 MINUTES TO FIND JOY IN THE MOMENT

Date:

This moment right now . . .

Time:

Place:

Most recent activity:

Three things you might not have noticed if you weren't paying attention:

One reason to smile about the things you've just noticed:

One source of joy you've discovered or rediscovered in this moment:

One thought to take with you into the next moment:

< WELLNESS JOURNAL

DATE: _____

TODAY'S POSITIVE THOUGHTS

JUST FOR ME



REFLECTIONS ON THE DAY

WATER

☐☐☐☐☐☐☐☐

FRUITS & VEGETABLES

☐☐☐☐☐☐☐☐

EXERCISE

TIME: _____

ACTIVITY:

VITAMINS & SUPPLEMENTS

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

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10 MINUTES TO LET YOUR MIND WANDER (WHO KNOWS WHERE IT MIGHT LEAD?)

Date: _____

Two things you've
never done, but
would love to try:

One thing that might
scare others, but
doesn't scare you:

Three things about
this time of year:

Two things in your life or the world around you that
are changing:

1

2

Three little things
that mean a lot:

1

2

3

One thing you're thinking about, but not quite ready to
talk about yet:





Anxiety Worksheet

Date: _____

What Happened

How I Reacted

How Bad
is it
Really?

What I
Think/Feel

How I'd
Like to React
Next Time

Not Bad

①

②

③

④


⑤

Really Bad

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation. But I am **in charge** of how I respond.

3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe.** And **do** the next right thing.