



GARIN DOUGLAS VICK, PSY.D.

CLINICAL & FORENSIC PSYCHOLOGY

DAILY JOURNAL TEMPLATE

DATE: _____

TIME: _____

IN THE MORNING:

I AM GRATEFUL FOR: (Examples: for an opportunity I had or have, something great that happened, something simple I noticed)

- 1.) _____

- 2.) _____

- 3.) _____

WHAT WOULD MAKE TODAY GREAT?

- 1.) _____

- 2.) _____

- 3.) _____

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FAMILY FOCUSED



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DAILY AFFIRMATIONS- I AM?

- 1.) _____

- 2.) _____

- 3.) _____

IN THE EVENING:

HOW CAN I MAKE TOMORROW BETTER?

- 1.) _____

- 2.) _____

- 3.) _____

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THREE AMAZING THINGS TODAY

- 1.) _____

- 2.) _____

- 3.) _____

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