



SUNSET SISTERZ
Empowering Parents

My Teen Journal

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EMPOWERING PARENTS

Feel free to customize this template to fit your personal journaling style and needs. Journaling can be a valuable way to express your thoughts and feelings, set goals, and track your personal growth.

Date: _____

Mood: Rate your mood on a scale of 1-10, with 1 being very low and 10 being very high.



Emotions: Describe how you are feeling right now. Are there any specific emotions you would like to explore.

What challenges or stressors did you face today: How did you handle them?

Today's Highlights: Write down the significant events or moments of your day.

Thoughts and Reflections: Reflect on your thoughts, feelings, or experiences from the day.

Affirmations: Write down positive affirmations or self-motivating statements.

Gratitude: List 3 things you are grateful for today.

1. _____
2. _____
3. _____

Goals and Intentions: Outline your goals or intentions for the near future (In the next month)

Lessons Learned: Record any lessons or insights gained today.

Self-Care: Did you engage in any self-care activities today? If so, what were they, and how did they make you feel?

Achievements: What did you accomplish today, no matter how small? Celebrate your achievements.

What I am Looking Forward to Tomorrow: List things you are excited about for tomorrow.

Mindfulness and Coping:

Mindfulness Practice: Describe any mindfulness or relaxation exercises you practiced today, such as meditation, deep breathing, or yoga.

Coping Strategies: Write down any strategies you used to cope with difficult emotions or situations today.

Goals and Intentions:

Short-Term Goals: List one or two short-term goals for your mental well-being. What steps can you take to work towards them?

Self-Compassion: Reflect on how you showed self-compassion today. Did you treat yourself kindly and with understanding?

Daily Affirmation: Write a positive affirmation or mantra for yourself today.

Looking Forward:

Tomorrow's Intentions: What are your intentions for tomorrow? How can you prioritize your mental health?

Closing Thoughts:

Reflection: Sum up your thoughts and feelings for the day. Is there anything you would like to remind yourself of or learn from today's experiences?
