

L
I
F
E
I
S
A
D
D
R
E
A
M

If necessary, use additional pages.



Write down two special things you felt or did today?

List two things you did today that made you happy:

- 1.
- 2.

L
I
S
T

List two things you did today that left you dissatisfied:

- 1.
- 2.

F
E
E
L

To what extent were you able to meet your goals that were set for today?

I
S

On the scale of 1-10, how would you rate your day with 1 standing for not-satisfying-at-all, 5 OK and 10 representing a fully-satisfying day? Circle the appropriate number.

1 2 3 4 5 6 7 8 9 10

Not Satisfying OK Fully Satisfying

Set one goal or task to be accomplished tomorrow.

D
R
E
A
M

IMPORTANT NOTE: Contact us at info@zenofliving.ca at regular intervals (bi-weekly) to incorporate necessary suggestions to make your journaling an effective tool towards personal understanding and initiating lasting behavioral and emotional changes.