

Guided *journaling*

Let's take a look at today – how would you describe how you're feeling today?

Active	Confident	Fulfilled	Lonely
Annoyed	Confused	Grateful	Loved
Anxious	Creative	Happy	Nervous
Appreciated	Disappointed	Hopeful	Proud
Bored	Distant	Impatient	Relaxed
Brave	Distracted	Insecure	Stressed
Busy	Excited	Inspired	Tired
Calm	Fine	Joyous	Sad
Comfortable	Frustrated	Judged	Scared

What is the main thing that is making you feel this way?

Work	Hobbies	Food	News
Relationships	Friends	Spirituality	School
Exercise	Location	Health	Weather
Family	Finances	Sleep	Self-talk

Why is that thing making you feel this way?

“Try starting sentence with: I'm spending time on..., I'm thinking about..., I have been working on...”

What have you been thinking about lately?

“Try starting sentence with: I'm focused on..., I'm thinking about..., I have been spending time on...”

What activity has helped you feel recharged recently? How much time have you spent doing this today?

E.g. Good sleep, long bath, reading a book, listening to music, watching tv, practicing yoga, working out

What would make today a better day?

What steps could you personally take to achieve this for future days?

Let's take a look at the bigger picture. What is one thing in your life that had made you feel the following emotions:

E.g. it could be a song, a book, an event, a person, an activity, an achievement

Comfortable _____

Safe _____

Grateful _____

Joy _____

Excitement _____

Affection _____

What is one thing you are looking forward to in the future:



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