Daily Journal

Date:_____

3 THINGS I DID TODAY

1. _____
2. _____
3. _____



Thoughts

© MBRI

Daily Journal

Date:_____

WRITE ABOUT SOMETHING YOU'RE REALLY GOOD AT DOING

Thoughts





© MBRI

Daily Journal

Date:_____

3 THINGS I AM GREATFUL FOR

1. _____
2. _____
3. _____



Thoughts

© MBRI

Daily Journal

Date:_____

IF YOU COULD LEARN SOMETHING NEW, WHAT WOULD IT BE?

Thoughts





© MBRI

Daily Journal

Date:_____

WHAT IS SOMETHING YOU'RE EXCITED ABOUT?



Thoughts

© MBRI

Daily Journal

Date:_____

© MBRI

Daily Journal

Date:_____

Thoughts





© MBRI

May Word Search

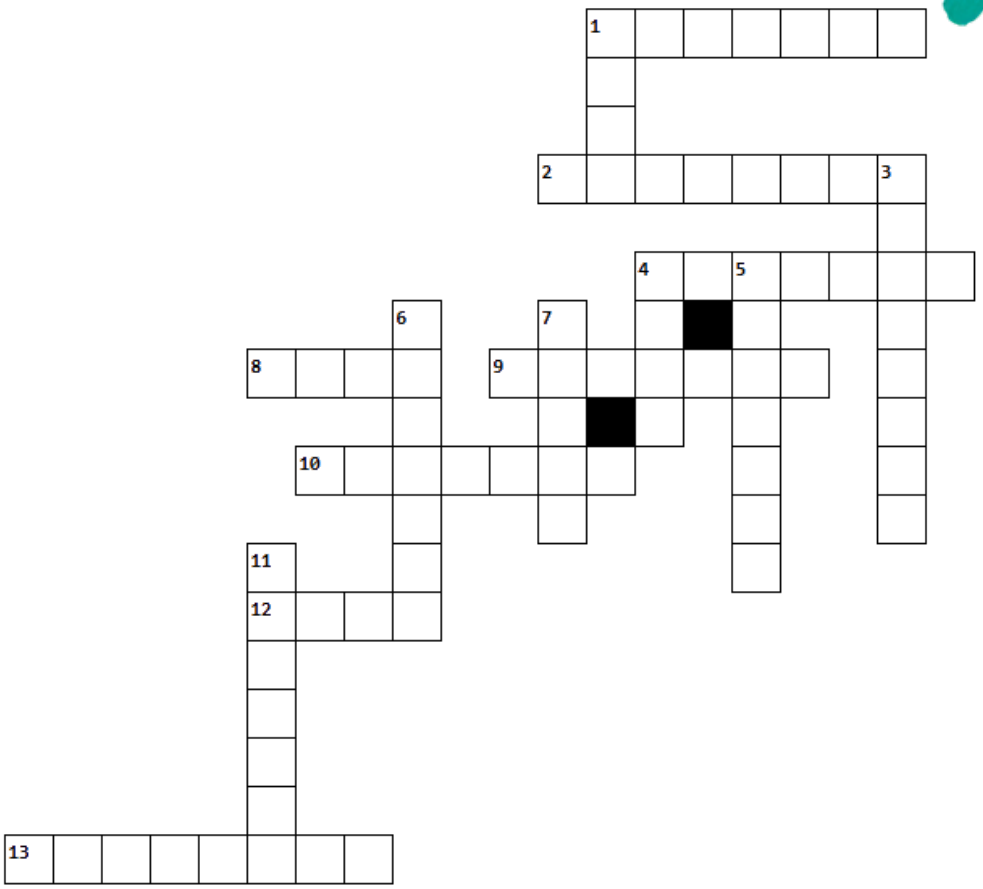
Date:_____

N M A N Y T H E A L I N G N
R L I T R C T R T R S A F E
N E K N I E P A U S E S E G
B R I Y D L S S U P P O R T
R A N T I F Y T I N E R E S
E C D I E E U C A L M O C O
A F N R F R M L P E A C E H
T L E A G E N T L E L P P F
H E S L E E P T R O F M O C
E S S C S A W A R E N E S S
R R P A T I E N C E S R U S
P M O T E S A E L E R T C E
S T R E N G T H G R O C O N
E H A R M O N Y H O P E F E

GENTLE
SELFCARE
SUPPORT
REST
PEACE
SLEEP
PATIENCE
CALM
RELEASE
HOPE
MINDFUL
BREATHE
CLARITY
STRENGTH
PAUSE
SAFE
HARMONY
AWARENESS
HEALING
COMFORT
KINDNESS
REFLECT
SERENITY
FOCUS

© MBRI

Date:_____



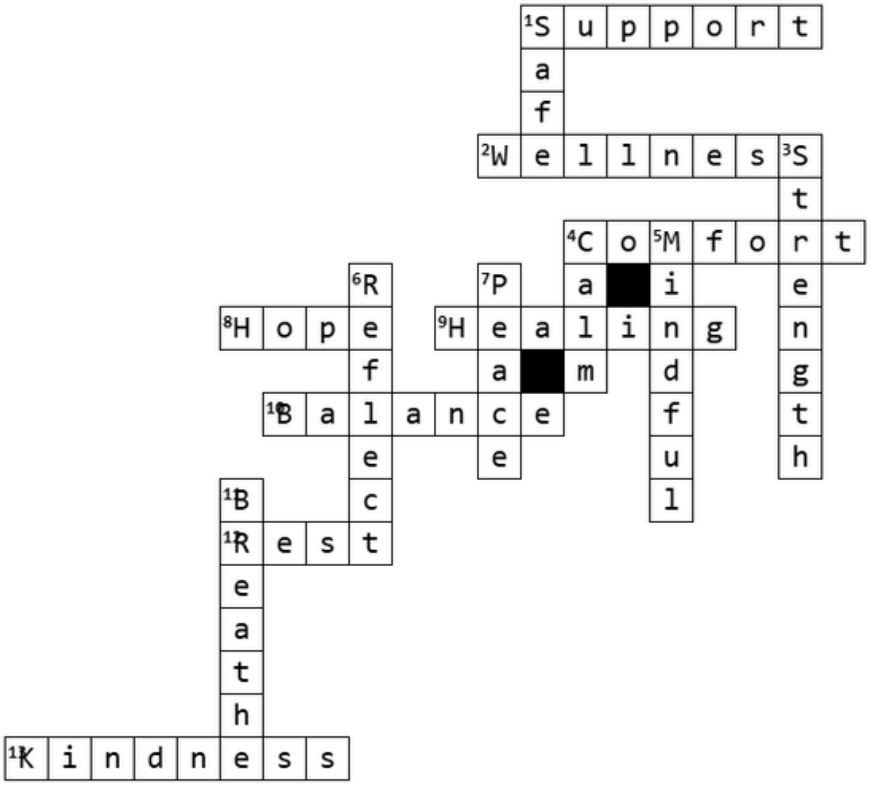
Across

1. help from others when needed
2. overall health of mind and body
4. a state of ease and relief
belief that things will get better
8. the process of becoming well
10. keeping life steady and even
12. taking a break to recharge
13. treating others with care

Down

1. feeling protected and secure
3. inner power to keep going
4. feeling free from stress
5. being present in the moment
6. to think deeply about feelings
7. a state of quiet and tranquility
11. what you do to relax your body

© MBRI


1S u p p o r t
a
f
2W e l l n e s 3S
t
4C o 5M f o r t
6R 7P a i e
8H o p e 9H e a l i n g n
f a m d g
10B a l a n c e f t
e e u h
1B c
1R e s t
e
a
t
h
1K i n d n e s s


N M A N Y T H E A L I N G N
R L I T R C T R T R S A F E
N E K N I E P A U S E S E G
B R I Y D L S S U P P O R T
R A N T I F Y T I N E R E S
E C D I E E U C A L M O C O
A F N R F R M L P E A C E H
T L E A G E N T L E L P P F
H E S L E E P T R O F M O C
E S S C S A W A R E N E S S
R R P A T I E N C E S R U S
P M O T E S A E L E R T C E
S T R E N G T H G R O C O N
E H A R M O N Y H O P E F E

© MBRI