

# SOCIAL CHEMISTRY — DAILY JOURNAL



## 1. Today's Self-Check

How am I feeling right now?

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What do I need today?

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## 2. Energy Snapshot

Options: Low, Neutral, Steady, Motivated, Overwhelmed, Calm

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Why do I feel this way?

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## 3. Today's Intentions

Options: Be present, Protect my peace, Stay consistent, Show compassion, Practice patience, Focus on small wins

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My intention for today:

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## 4. Micro-Habits Tracker

Options: Breathing, Water first thing, Walk, Journal page, Limit screen time, Gratitude

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Notes:

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### 5. What I'm Letting Go Of

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### 6. What I'm Grateful For

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### 7. Evening Reflection

What went well today?

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What challenged me?

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One thing I'm proud of:

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### 8. Daily Mood Log (Optional)

Mood options: 😞 😐 😊 😄 ❤️

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Mood notes:

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