Daily Mental Health Planner

Morning Routine

- **Wake-up time: _____**
- **Gratitude list (3 things):**
  a. _____
  b. _____
  c. _____
- **Positive affirmation: _____**
- **Mindful activity (e.g., meditation, journaling, stretching): _____**
- **Healthy breakfast idea: _____**

Daily Goals

- **Top 3 priorities for today: (can be anything you want to get done today)**
  a. _____
  b. _____
  c. _____
- **Personal goal: _____**
- **Work/study goal: _____**
- **Self-care goal: _____**

Mood Tracker

Time	Mood (1–10)	Notes/Triggers
Morning		
Afternoon		
Evening		

Midday Check-In

- **Energy level (1–10): _____**
- **Stress level (1–10): _____**
- **What's going well so far? _____**
- **What needs adjustment? _____**
- **Ate something for lunch _____**

Self-Care Activities

- □ Take a short walk
- □ Listen to calming music
- □ Practice deep breathing

- □ Connect with a friend or loved one
- □ Spend time outdoors
- □ Engage in a hobby
- □ Take a mindful break

Evening Reflection

- **What went well today? _____**
- **Ate something for dinner_____**
- **What could be improved? _____**
- **How did I take care of myself? _____**
- **Something I'm proud of today: _____**
- **Relaxation activity before bed: _____**
- **Good job! You made it through another day!** 😀

Sleep Tracker

- **Bedtime: _____**
- **Wake-up time: _____**
- **Hours of sleep: _____**
- **Sleep quality (1–10): _____**

Notes