

## **Daily Gratitude Journal**

Date: [Date]

What are three things you are grateful for today?

Write them down below:

- ☐ [Gratitude 1]
- ☐ [Gratitude 2]
- ☐ [Gratitude 3]

## **Emotional Check-In**

Date: [Date]

Rate your emotions on a scale from 1 to 10 (1 = very low, 10 = very high):

- ☐ Happiness: [Rating]
- ☐ Sadness: [Rating]
- ☐ Anxiety: [Rating]
- ☐ Anger: [Rating]

Take a moment to reflect on the reasons behind each emotion and any triggers.

## **Identifying Cognitive Distortions**

Date: [Date]

Describe a recent negative thought or belief you experienced:

"I am stressed out about this hackathon"

Now, identify any cognitive distortions in the thought using the list below:

- ☐ All-or-Nothing Thinking
- ☐ Overgeneralization
- ☐ Mental Filtering
- ☐ Disqualifying the Positive
- ☐ Jumping to Conclusions (Mind Reading, Fortune Telling)
- ☐ Magnification or Minimization
- ☐ Emotional Reasoning
- ☐ "Should" Statements
- ☐ Labeling and Mislabeling

Challenge and reframe the negative thought using evidence and alternative perspectives.

## **Coping Strategies Toolbox**

Date: [Date]

List coping strategies that have worked for you in the past or new strategies you'd like to try:

- ☐ [Coping Strategy 1]
- ☐ [Coping Strategy 2]
- ☐ [Coping Strategy 3]
- ☐ [Coping Strategy 4]
- ☐ [Coping Strategy 5]

Next time you encounter a challenging situation, choose one or more strategies from your toolbox to implement and take note of their effectiveness.

## **Daily Affirmations**

Date: [Date]

Write down positive affirmations or self-compassionate statements for yourself:

- ☐ [Affirmation 1]
- ☐ [Affirmation 2]
- ☐ [Affirmation 3]
- ☐ [Affirmation 4]
- ☐ [Affirmation 5]

Practice reading these affirmations daily to boost self-esteem and cultivate a positive mindset.

## **Creating a Self-Care Plan**

Date: [Date]

Identify activities that bring you joy, relaxation, and comfort:

- ☐ [Self-Care Activity 1]
- ☐ [Self-Care Activity 2]
- ☐ [Self-Care Activity 3]
- ☐ [Self-Care Activity 4]
- ☐ [Self-Care Activity 5]

Schedule time for these activities in your weekly routine to prioritize self-nurturing.

## Thought Record

Date: [Date]

Describe a specific situation that triggered strong emotions:

[Description of Situation]

Write down the automatic thoughts you experienced during the situation:

☐ [Automatic Thought 1]

☐ [Automatic Thought 2]

☐ [Automatic Thought 3]

Take a moment to challenge and reframe each automatic thought with evidence and alternative, more balanced perspectives.

FORWARD THIS TO MY CATALYST SUPPORT TEAM @gmail

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