



*Have you hugged a tree today?*

## Daily LifeSkills Journal

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>S</b> leep Hours Time Awaken Time to Bed							
<b>L</b> ove Yourself							
<b>E</b> at Meals Balanced							
Breakfast-8 AM							
Snack-10 AM							
Lunch-Noon							
Snack-3 PM							
Dinner-6 PM							
<b>E</b> xercise Daily 30 min							
<b>P</b> leasure Planned Daily							
<b>S</b> omeone Else—Acts of Kindness							
Depression 1-Low 10-High							
Anxiety 1-Low 10-High							
Interfering Behaviors, Situations or Uncomfortable Space							
Coping Skill Tried							
Effective?	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO
 I Am Thankful For							