

Self-Awareness Journal Template



Daily Check-In

Date: _____ Time: _____ Location: _____

Current State

Energy level (1-10): _____

Mood (describe in 3 words): _____

Physical sensations: _____

Morning Intention

What would make today meaningful?

Reflection Questions

Choose 1-3 questions that resonate with you today:

Emotional Awareness

- What emotions am I experiencing right now? Where do I feel them in my body?
- What triggered these emotions? Is this a familiar pattern?
- How am I responding to these emotions? Is this response helpful?

Thought Patterns

- What thoughts keep recurring today?
- Are these thoughts based on facts or assumptions?
- How are these thoughts affecting my mood and behavior?

Behavior Patterns

- What actions did I take today that aligned with my values?
- What actions didn't align with my values? Why might that be?
- How did my behaviors impact others and myself?

Relationships

- How am I showing up in my relationships today?
- What interactions felt energizing? Which felt draining?
- What needs am I expressing/not expressing to others?

Values & Purpose

- Which of my core values did I honor today?
- What gave me a sense of meaning or purpose?
- Where did I compromise my values or boundaries?

Daily Insights

What have I learned about myself today?

What patterns am I noticing?

Growth Opportunities

One small adjustment I can make tomorrow:

What support might I need?

Gratitude

Three things I'm grateful for today:

1.

2.

3.

Self-Compassion Note

A kind message to myself, as if speaking to a good friend:

Weekly Review (End of Week)

Date Range: _____

Patterns Observed

Recurring emotions: _____ Recurring thoughts: _____ Recurring behaviors: _____

Insights Gained

What have I learned about myself this week?

Progress Acknowledged

How have I grown or what have I improved?

Focus for Next Week

What aspect of self-awareness would I like to develop?

Self-Care Plan

How will I nurture my wellbeing this coming week?
