

# Awareness Journal:

*Living a mindful, aware, intentional, and responsible life  
Being awake and doing the right thing*

1. Important activities I engaged in \_\_\_\_\_  
How did they go... + or - \_\_\_\_\_  
\_\_\_\_\_
2. Relationships today  
+ interactions: \_\_\_\_\_  
  
- interactions \_\_\_\_\_
3. Someone I was kind-courteous toward or helped out \_\_\_\_\_  
describe \_\_\_\_\_
4. Someone I harmed \_\_\_\_\_ How? \_\_\_\_\_  
Make amends to them? \_\_\_\_\_
5. Someone who harmed me \_\_\_\_\_  
How? \_\_\_\_\_  
  
Forgive them? \_\_\_\_\_
6. What I did today to make the world a little  
better \_\_\_\_\_
7. Something I accomplished \_\_\_\_\_
8. What did I enjoy doing today? \_\_\_\_\_
9. Enjoyed being with \_\_\_\_\_
10. Enjoyed seeing \_\_\_\_\_
11. Enjoyed hearing \_\_\_\_\_
12. Enjoyed tasting \_\_\_\_\_
13. Someone-something I am accepting or having a hard time  
accepting \_\_\_\_\_
14. Today I worried about \_\_\_\_\_
15. Courage to change: what I am changing \_\_\_\_\_
16. In the face of anxiety, fear, and/or depression, I still went ahead and  
did \_\_\_\_\_
17. What I am letting go of \_\_\_\_\_
18. Something not good, that I'm going to stop \_\_\_\_\_
19. Had a good laugh about \_\_\_\_\_
20. Grateful for: who \_\_\_\_\_ what \_\_\_\_\_
21. OK?... Exercise \_\_\_\_\_ nutrition \_\_\_\_\_ meds \_\_\_\_\_ sleep \_\_\_\_\_
22. What did I learn today? \_\_\_\_\_
23. Any regrets about today \_\_\_\_\_
24. Today I was sad about \_\_\_\_\_
25. Someone I want to thank? \_\_\_\_\_
26. Someone I want tell that I love them? \_\_\_\_\_
27. Any unfinished business I want to attend to? \_\_\_\_\_
28. Anything else? \_\_\_\_\_