



# One day at a time


weekly grief journal

Date: .....

monday

What I'm doing	What I will do
For my body	For my body
For my heart	For my heart
For my mind	For my mind
For my family	For my family
For my friends	For my friends
For my future	For my future

Last night I slept  
.....  
hours

How much water  
have I drank?  
  
cups

How many meals/  
snacks have I eaten  
  
meals/snacks

Something to think about

What makes me feel safe?

Today I'm thankful for

Everyone needs reminders




Date: .....

tuesday

What I'm doing	What I will do
For my body	For my body
For my heart	For my heart
For my mind	For my mind
For my family	For my family
For my friends	For my friends
For my future	For my future

Last night I slept  
.....  
hours

How much water  
have I drank?  
  
cups

How many meals/  
snacks have I eaten  
  
meals/snacks

Something to think about

What am I good at?

Today I'm thankful for

Everyone needs reminders



Date: .....

wednesday

What I'm doing	What I will do
For my body	For my body
For my heart	For my heart
For my mind	For my mind
For my family	For my family
For my friends	For my friends
For my future	For my future

Last night I slept .....

hours

How much water have I drank?

.....

cups

How many meals/snacks have I eaten

.....

meals/snacks

Something to think about

What makes me laugh?

Today I'm thankful for

Everyone needs reminders




Date: .....

thursday

What I'm doing	What I will do
For my body	For my body
For my heart	For my heart
For my mind	For my mind
For my family	For my family
For my friends	For my friends
For my future	For my future

Last night I slept  
.....  
hours

How much water  
have I drank?  
  
cups

How many meals/  
snacks have I eaten  
  
meals/snacks

Something to  
think about

What is my  
superpower?

Today I'm  
thankful for

Everyone needs  
reminders

SOME DAYS  
ARE JUST  
HARD.

Date: .....

friday

What I'm doing	What I will do
For my body	For my body
For my heart	For my heart
For my mind	For my mind
For my family	For my family
For my friends	For my friends
For my future	For my future

Last night I slept  
.....  
hours

How much water  
have I drank?  
  
cups

How many meals/  
snacks have I eaten  
  
meals/snacks

Something to  
think about

What am I  
passionate about?

Today I'm  
thankful for

Everyone needs  
reminders


YOU'RE  
STRONGER THAN  
YOU THINK

Date: .....

saturday

What I'm doing	What I will do
For my body	For my body
For my heart	For my heart
For my mind	For my mind
For my family	For my family
For my friends	For my friends
For my future	For my future

Last night I slept  
.....  
hours

How much water  
have I drank?  
  
cups

How many meals/  
snacks have I eaten  
  
meals/snacks

Something to  
think about

What do people love  
about me?

Today I'm  
thankful for

Everyone needs  
reminders

It's OKAY  
TO TAKE  
YOUR  
TIME.




Date: .....

sunday

What I'm doing	What I will do
For my body	For my body
For my heart	For my heart
For my mind	For my mind
For my family	For my family
For my friends	For my friends
For my future	For my future

Last night I slept  
.....  
hours

How much water  
have I drank?  
  
cups

How many meals/  
snacks have I eaten  
  
meals/snacks

Something to  
think about

What do I love  
about myself?

Today I'm  
thankful for

Everyone needs  
reminders





