

ANXIETY
Journal

SCRIBBLING THROUGH STRESS





MORNING CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

ANXIETY AFFIRMATIONS

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SELF ASSESSEMENT


Productivity

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Life Assesement

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 I Felt Proud Because...

 Something makes me happy today...



HAPPINESS AUDIT

Top 3 Achievements

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What I Learned This Month

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MY FAVORITE MOMENTS



What Gave Me The Most Anxiety This Month



What Do I Want To Do Better?

ANXIETY CRISIS PLAN

TRIGGERS

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THINGS THAT SOOTHE ME

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THINGS TO REMIND MYSELF WHEN
I'M FEELING ANXIOUS

MY SUPPORT CALL LIST

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WAYS TO KEEP MY SPACE SAFE

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OTHER CRISIS RECOURSES

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I'm Worried About



Why do I have this fear



This worry is triggering
my fear of....



THE WORST THAT CAN HAPPEN IS....

WHAT WOULD I DO IF IT OCCURED?

QUICK NOTES

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ANXIETY JOURNAL

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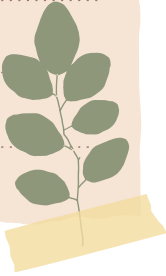
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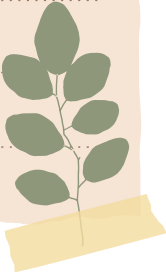
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MY FAVORITE MOMENTS



What Gave Me The Most Anxiety This Month



What Do I Want To Do Better?

ANXIETY CRISIS PLAN

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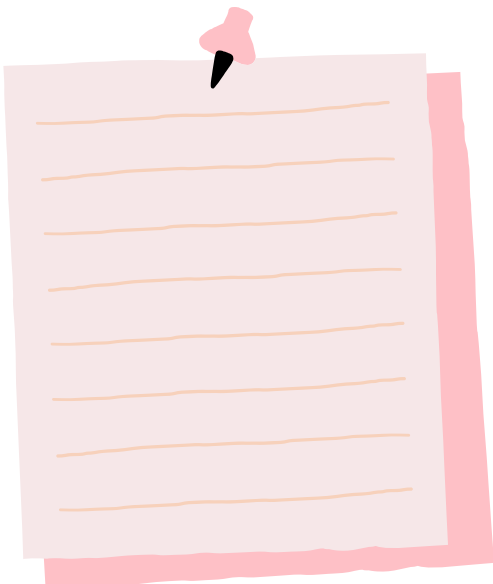
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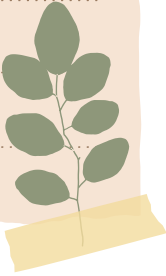
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OTHER CRISIS RECOURSES

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EVENING WORRIES

HOW AM I FEELING?

WHAT WAS ON MY MIND TODAY?

HOW MAY I REFRAME
THESE THOUGHTS?

DID ANYTHING MAKE ME FEEL
ANXIOUS TODAY? IF SO, WHAT WERE
THE TRIGGERS?

HOW DID I RESPOND? HOW
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HAPPINESS AUDIT

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MY FAVORITE MOMENTS

What Gave Me The Most Anxiety This Month

What Do I Want To Do Better?

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QUICK NOTES

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•	
•	



EVENING CHECK IN

I AM ENDING THE NIGHT FEELING



Awesome



Good



Okay



Not good



Horrible

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

ANXIETY JOURNAL PROMPTS

- WHAT ARE THREE THINGS THAT ARE CURRENTLY CAUSING ME ANXIETY?
- WHEN DO I FEEL MOST ANXIOUS THROUGHOUT THE DAY? WHY?
- WHAT ARE SOME PHYSICAL SYMPTOMS THAT I EXPERIENCE WHEN I'M FEELING ANXIOUS?
- WHAT ARE SOME COPING MECHANISMS THAT HAVE HELPED ME IN THE PAST WHEN I'VE FELT ANXIOUS?
- HOW DOES MY ANXIETY AFFECT MY RELATIONSHIPS WITH OTHERS?
- WHAT ARE SOME THINGS THAT I CAN DO TO TAKE CARE OF MYSELF WHEN I'M FEELING ANXIOUS?
- WHAT IS MY BIGGEST FEAR RELATED TO MY ANXIETY? HOW CAN I WORK ON OVERCOMING IT?
- WHAT ARE SOME POSITIVE THINGS THAT I CAN FOCUS ON WHEN I'M FEELING ANXIOUS?
- WHAT ARE SOME THINGS THAT I'M GRATEFUL FOR IN MY LIFE THAT HELP ME MANAGE MY ANXIETY?
- HOW CAN I TALK TO MY LOVED ONES ABOUT MY ANXIETY AND ASK FOR THEIR SUPPORT?



MORNING CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

ANXIETY AFFIRMATIONS

A teal-colored notepad with white punch holes on the left side. The notepad features 15 horizontal teal lines for writing. Each line is preceded by a red dot, serving as a bullet point or a guide for starting an affirmation. The notepad is otherwise blank.




SELF ASSESSEMENT


Productivity

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Life Assesement

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

 I Felt Proud Because...

 Something makes me happy today...



HAPPINESS AUDIT

Top 3 Achievements

- _____
- _____
- _____


What I Learned This Month

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MY FAVORITE MOMENTS



What Gave Me The Most Anxiety This Month



What Do I Want To Do Better?

ANXIETY CRISIS PLAN

TRIGGERS

-
-
-
-
-

THINGS THAT SOOTHE ME

-
-
-
-
-

THINGS TO REMIND MYSELF WHEN
I'M FEELING ANXIOUS

MY SUPPORT CALL LIST

-
-
-
-
-

WAYS TO KEEP MY SPACE SAFE

-
-
-
-
-
-

OTHER CRISIS RECOURSES

-
-
-
-
-
-

I'm Worried About



Why do I have this fear



This worry is triggering
my fear of....



THE WORST THAT CAN HAPPEN IS....

WHAT WOULD I DO IF IT OCCURED?

QUICK NOTES

●	
●	
●	



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