

Daily Recovery Journal

A space for honest reflection — one day at a time



Name: _____ Date: _____

📌 "Recovery is not a race. You don't have to feel guilty for taking it one day at a time."

Morning Check-In

How am I feeling right now? (physically, emotionally, spiritually)

What am I grateful for today?

1. _____	3. _____
2. _____	4. _____

My intention for today is:

Throughout the Day

Did I experience any cravings or triggers? What happened?

How did I cope? What strategy did I use?

One positive thing that happened today:

Evening Reflection

What went well today?

What was challenging?

What did I learn about myself?

How did I show myself kindness today?

Daily Rating

Overall, how was my day?

Difficult 1 2 3 4 5 6 7 8 9 10 Great

Hours of sleep last night:

Did I reach out to my support network today?

☐ Yes ☐ No

Tomorrow, I want to focus on:



"You are not your past. Every morning is a chance to anchor yourself in grace."