

 **Mastering Your Mind**

Daily Reflection & Regulation Journal

 **Date:** _____

 **3 Successes From Today**

1. _____
2. _____
3. _____

(Remember: small wins count.)

 **Why Am I Feeling This Way?**

Take a moment to pause and reflect.

What emotions am I noticing right now?

 **Quick Self-Check**

Before judging your day, review the basics:

1. Have I eaten today?
2. Did I sleep poorly?
3. Did I feel invalidated by anyone today?
4. Did I do any self-care today?

5. Did I experience any triggers today (sensory or emotional)?

If yes, briefly note:

 **How Would I Define Today?**

- Good Day
- Neutral Day
- Hard Day

 **If It Wasn't a Good Day...**

What would have needed to change for today to feel like a good day?

 **Tomorrow's Reset Plan**

What small steps can I take tomorrow to move toward a good day?

(Think tiny, realistic, achievable.)

1.

2.

3.

 **Gentle Reminder**

Insight is helpful.

Regulation comes first.

Small steps create momentum.

— Mastering Your Mind

For more ADHD-informed therapy tools, visit www.michellewittetherapy.ca
Join my clinician newsletter for resources and trainings.