



Daily Journal Exercise

Aftershock Recovery Method Coaching

Daily journaling allows you to process your emotions, thoughts, and decisions. Make this a priority in your day. Set an appointment on your calendar, if necessary, to spend 10-15 minutes answering the statements below.

1. Today I feel:
2. When I feel this way, the thoughts that go through my head are:
3. When I feel this way and think these thoughts, I want to:
4. My choice today is to:
5. Today I will:

There is no correct answer. The more specific you are, the more you learn about yourself. Ultimately, you will identify patterns or focus areas for your healing.

We'll review your discoveries throughout our coaching calls.