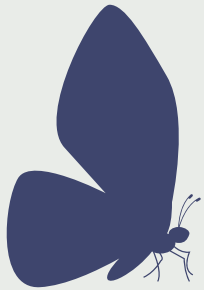




MY ANXIETY JOURNAL



Created by: Shakirah Iman

THANK YOU FOR
DOWNLOADING MY
JOURNAL. I CREATED IT
FOR USE WHILE GOING
THROUGH COUNSELING.
HOWEVER, AFTER DOING
SOME GOOGLING REALIZED
THERE ARE NOT A LOT OF
JOURNALS JUST FOR
TRACKING ANXIETY.
TRACKING MY ANXIETY HAS
CHANGED MY LIFE AND
GIVEN ME THE COURAGE TO
DO WHAT WILL MAKE ME
HAPPY. I HOPE THIS
JOURNAL CAN GIVE YOU
THIS SAME INSIGHT INTO
YOUR LIFE.



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Day in Review

WHAT PATTERNS SHOWED UP IN YOUR ANXINITY?



Day in Review

WHAT PATTERNS SHOWED UP IN YOUR ANXINITY?



Wednesday



6 am - 8 am	
8 am - 10 am	
10 am - 12 pm	
12 pm - 2 pm	
2 pm - 4 pm	
4 pm - 6 pm	
6 pm - 8 pm	
8 pm - 10 pm	
10 pm - 12 am	
12 am - 2 am	
2 am - 4 am	
4 am - 6 am	

Notes:

Meditation	



Day in Review

WHAT PATTERNS SHOWED UP IN YOUR ANXINITY?

Blank lined area for writing responses.



Day in Review

WHAT PATTERNS SHOWED UP IN YOUR ANXINITY?

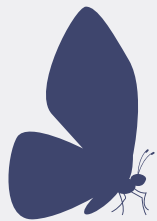


Friday

6 am - 8 am	
8 am - 10 am	
10 am - 12 pm	
12 pm - 2 pm	
2 pm - 4 pm	
4 pm - 6 pm	
6 pm - 8 pm	
8 pm - 10 pm	
10 pm - 12 am	
12 am - 2 am	
2 am - 4 am	
4 am - 6 am	

Notes:

Meditation	



Day in Review

WHAT PATTERNS SHOWED UP IN YOUR ANXINITY?



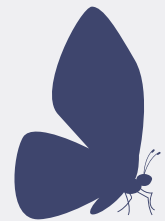
Saturday



6 am - 8 am	
8 am - 10 am	
10 am - 12 pm	
12 pm - 2 pm	
2 pm - 4 pm	
4 pm - 6 pm	
6 pm - 8 pm	
8 pm - 10 pm	
10 pm - 12 am	
12 am - 2 am	
2 am - 4 am	
4 am - 6 am	

Notes:

Meditation	
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Day in Review

WHAT PATTERNS SHOWED UP IN YOUR ANXINITY?



Sunday



6 am - 8 am	
8 am - 10 am	
10 am - 12 pm	
12 pm - 2 pm	
2 pm - 4 pm	
4 pm - 6 pm	
6 pm - 8 pm	
8 pm - 10 pm	
10 pm - 12 am	
12 am - 2 am	
2 am - 4 am	
4 am - 6 am	

Notes:

Meditation	



Day in Review

WHAT PATTERNS SHOWED UP IN YOUR ANXINITY?



Weekly Review



WHAT I LEARNED ABOUT MYSELF THIS WEEK.

A large, light gray rounded rectangle containing 15 horizontal lines for writing, intended for the user to record what they learned about themselves this week.

5 THINGS I AM
GRATEFUL FOR:

A large, light gray rounded rectangle intended for the user to list 5 things they are grateful for.

5 THINGS THAT
BROUGHT ME JOY:

A large, light gray rounded rectangle intended for the user to list 5 things that brought them joy.

Monthly Checkin



WHAT I DID THIS
MONTH THAT
WORKED IN HELPING
MY ANXIETY

Lined writing area for the first section.

WHAT I DID THIS
MONTH FOR MYSELF
AND HOW IT MADE
ME FEEL.

Lined writing area for the second section.