



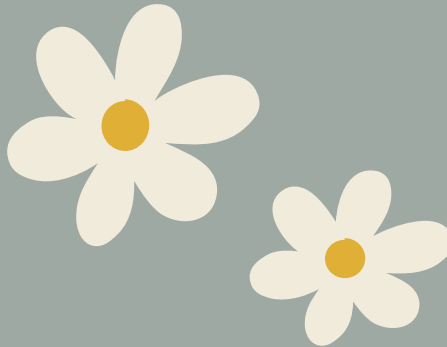
Co-funded by
the European Union



Unique
Projects

Inner Space

DAILY EMOTIONS, THOUGHTS & GRATITUDE



PROJECT IS FUNDED BY THE EUROPEAN UNION, ERASMUS+ PROGRAMME

Introduction

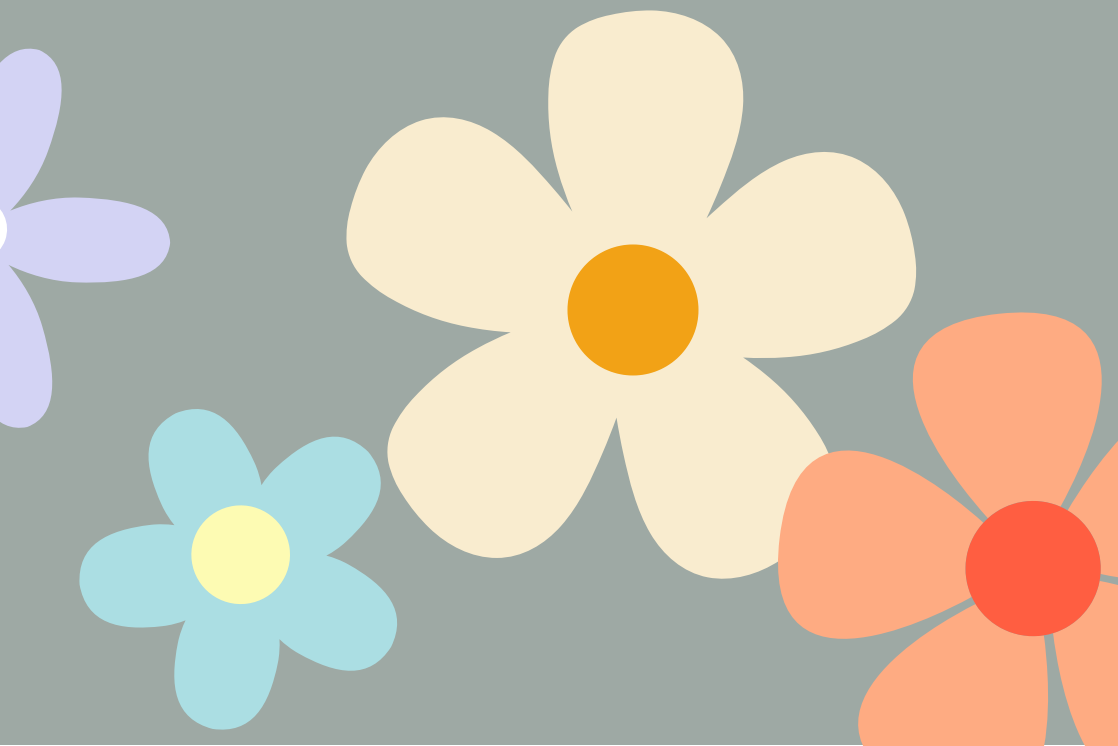
This journal invites you to pause, breathe, and check in with yourself every day – without judgment. It's your space to be honest, gentle, and curious about how you're doing.

How to use this journal:

Use daily or weekly – there's no wrong way

Complete the check-in prompts honestly

Revisit at the end of the week



Mood Color Code

Circle, color, or note the emotions you felt most often this week

STRESSED

HOPEFUL

GRATEFUL

EXCITED

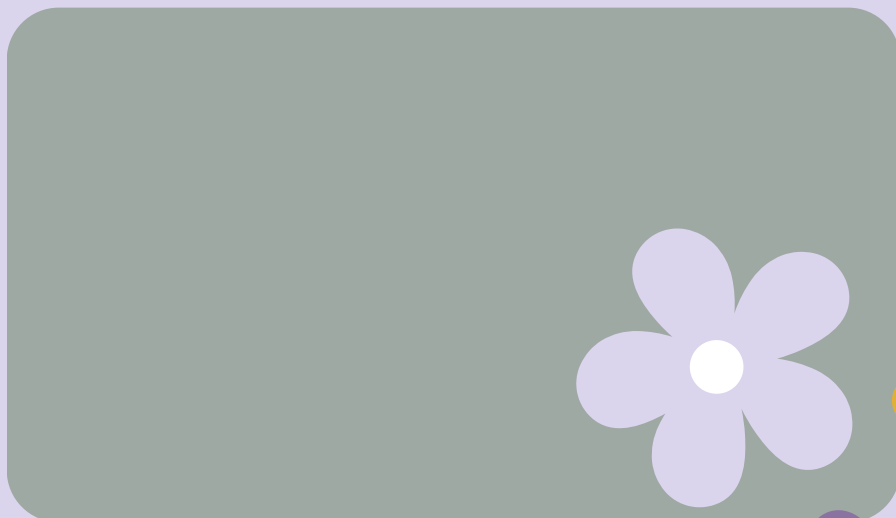
ANGRY

SAD

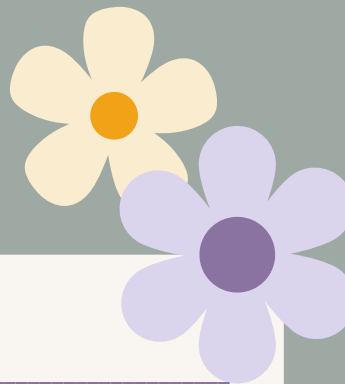
ANXIOUS

CALM

OTHER: _____



Weekly Intention

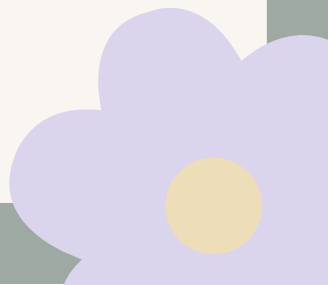


My intention this week:

What I need more of:

What I want to release:

My anchor word:





Daily Reflection

MONDAY

Today I feel: emotion word or draw an icon

My energy level today (1–5): □ □ □ □ □

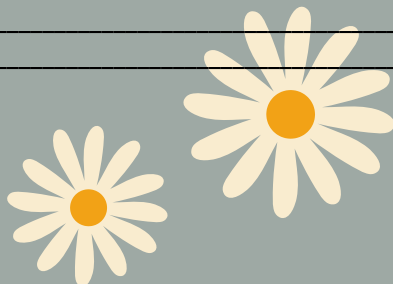
Three words to describe my day:

- 1.
- 2.
- 3.

One thing I did for myself:

One thing that challenged me:

Today I am grateful for:





Daily Reflection

TUESDAY

Today I feel: emotion word or draw an icon

My energy level today (1–5): □ □ □ □ □

Three words to describe my day:

- 1.
- 2.
- 3.

One thing I did for myself:

One thing that challenged me:

Today I am grateful for:





Daily Reflection

WEDNESDAY

Today I feel: emotion word or draw an icon

My energy level today (1–5): ☐ ☐ ☐ ☐ ☐

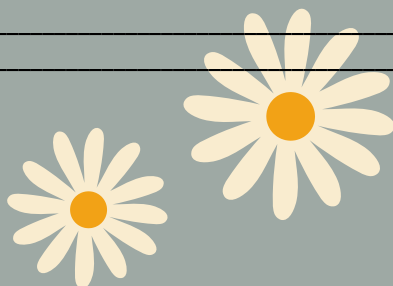
Three words to describe my day:

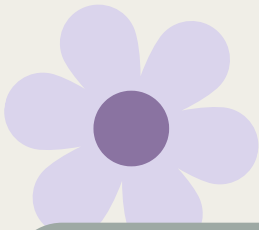
- 1.
- 2.
- 3.

One thing I did for myself:

One thing that challenged me:

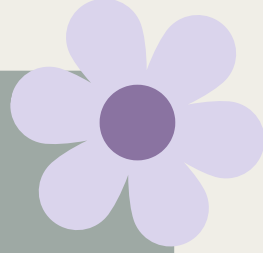
Today I am grateful for:





Daily Reflection

THURSDAY



Today I feel: emotion word or draw an icon

My energy level today (1–5): ☐ ☐ ☐ ☐ ☐

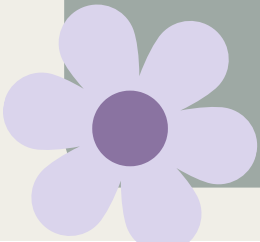
Three words to describe my day:

- 1.
- 2.
- 3.

One thing I did for myself:

One thing that challenged me:

Today I am grateful for:





Daily Reflection

FRIDAY

Today I feel: emotion word or draw an icon

My energy level today (1–5): □ □ □ □ □

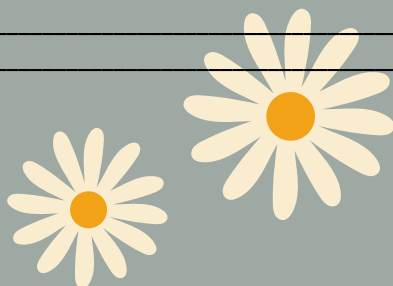
Three words to describe my day:

- 1.
- 2.
- 3.

One thing I did for myself:

One thing that challenged me:

Today I am grateful for:





Daily Reflection

SATURDAY

Today I feel: emotion word or draw an icon

My energy level today (1–5): □ □ □ □ □

Three words to describe my day:

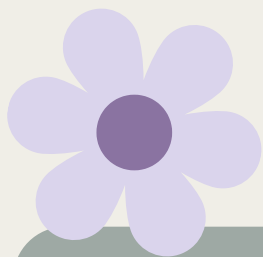
- 1.
- 2.
- 3.

One thing I did for myself:

One thing that challenged me:

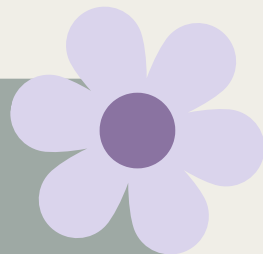
Today I am grateful for:





Daily Reflection

SUNDAY



Today I feel: emotion word or draw an icon

My energy level today (1–5): □ □ □ □ □

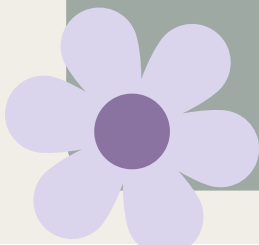
Three words to describe my day:

- 1.
- 2.
- 3.

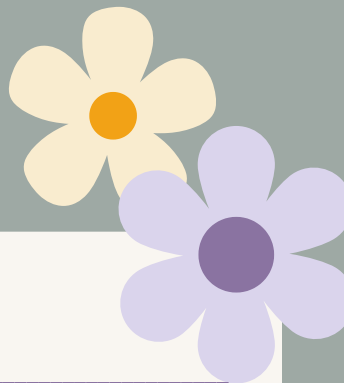
One thing I did for myself:

One thing that challenged me:

Today I am grateful for:



Weekly Reflection



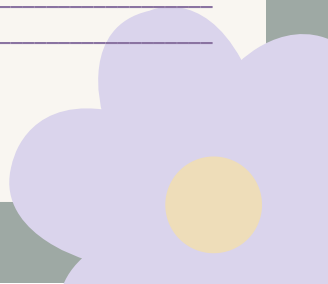
How did I show up for myself this week?

One moment I'm proud of:

A pattern I noticed:

What helped me feel better this week?

What do I want to bring into next week?





Gratitude Deep Dive

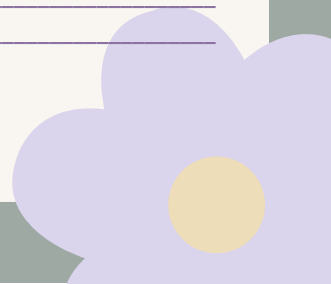
How did I show up for myself this week?

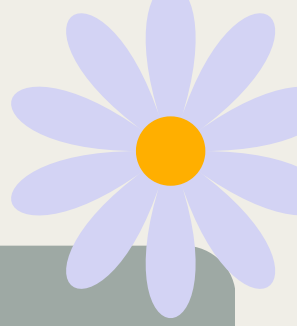
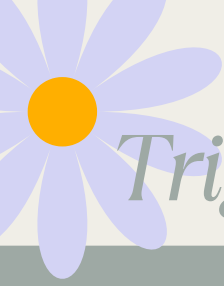
One moment I'm proud of:

A pattern I noticed:

What helped me feel better this week?

What do I want to bring into next week?





Trigger Tracker

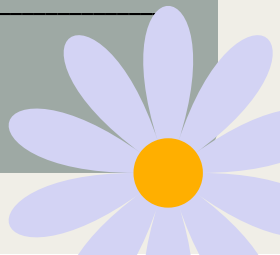
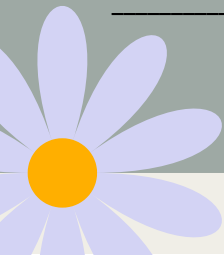
Situation that triggered me:

What I felt:

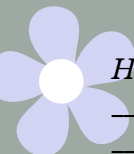
How I reacted:

What this reaction tells me about myself:

What I would like to try next time:



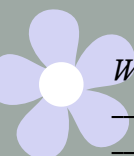
Body & Energy Awareness



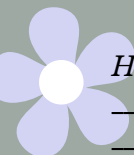
How did my body feel this week?



What drained my energy?



What restored it?

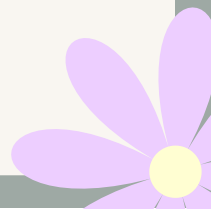
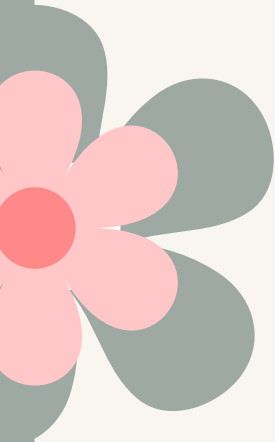


How did I take care of myself physically?

Creative Expression



What does your week feel like visually? Draw, doodle or write freely



NOTES

A series of horizontal dotted lines for writing notes, contained within a white rectangular box with rounded corners.



PARTNER ORGANIZATIONS

UNIQUE PROJECTS (LITHUANIA)
FIATALOK EGYSGEBEN EGYESÜLET (HUNGARY)
GO FOR IT (ROMANIA)
VULCANICAMENTE APS (ITALY)
LEVEL UP (POLAND)

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