Highs & Lows Daily Log

Use this daily log to capture one meaningful High and one challenging Low each day. Reflecting on both helps you build balance, awareness, and resilience.

Date	Today's High	Today's Low	What I Learned / What Helped

Weekly Reflection		
What patterns did I notice in my highs and lows?		
What supported me during difficult moments?		
What small shift could help next week?		