

Compact Mental Health Diary 2024

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An Easy Way to Keep Track of Your Mental Health

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Looking back at 2023

1. Right now I need...

2. I'm proud at myself for...

3. The nicest compliment I received in 2023 was...

4. In 2023 I felt a close connection to...

5. The bravest thing I did in 2023 was...

6. The kindest thing I did in 2023 was...

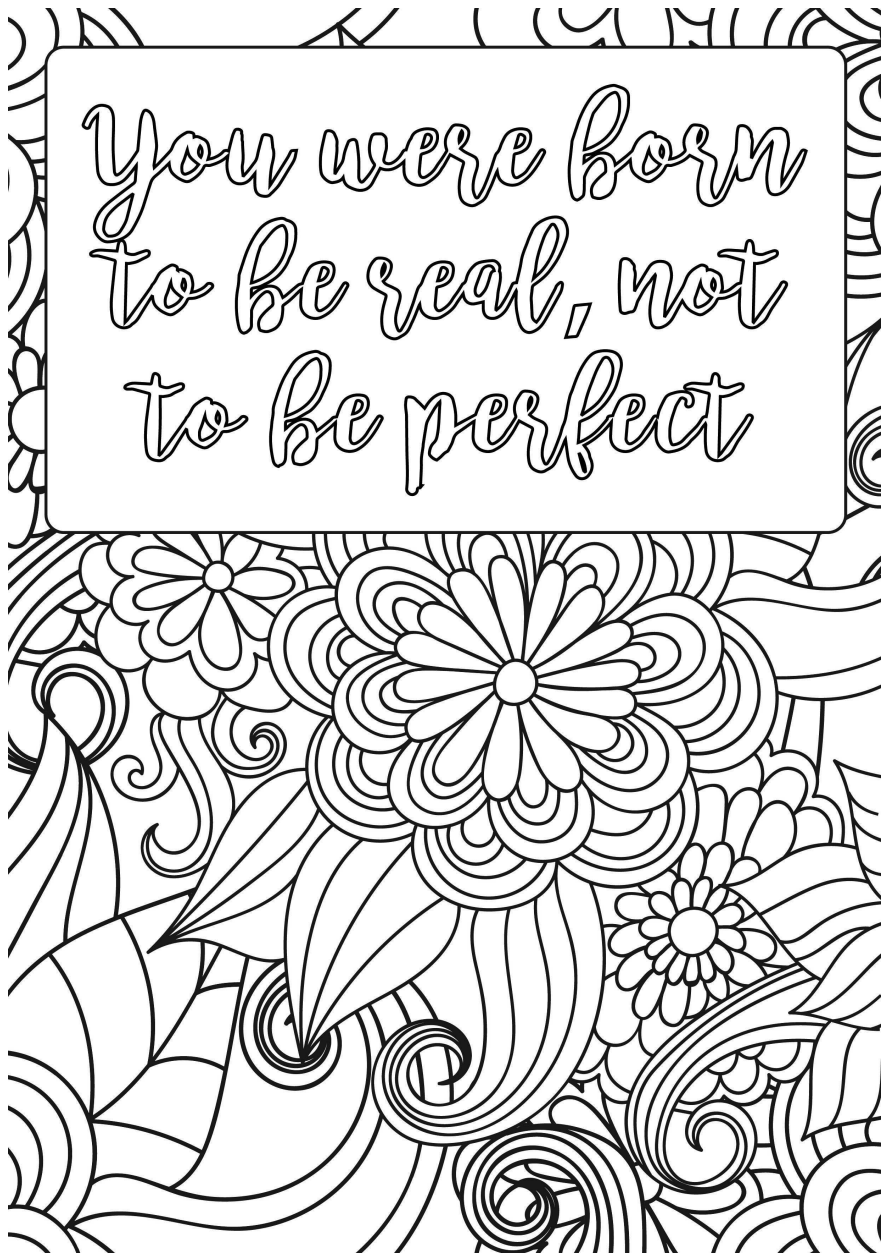
7. My biggest weakness in 2023 was...

8. My biggest achievement in 2023 was...

9. The hardest lesson I've learned in 2023 is...

10. In 2024 I hope to...

You were born
to be real, not
to be perfect



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Did something upset me today?

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