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My Daily Journal

Date: _____

	Type of Symptom	Time	Severity
<p>Symptoms Record type of symptom (e.g., diarrhea, constipation, cramping, gas, nausea, anxiety, shakiness, fatigue, headache, etc.), time (e.g., 8 a.m., after dinner, at a meeting, etc.) and severity (on a scale from 1 to 10, with 1 = mild and 10 = severe).</p>			
<p>Mind and Life Describe your thoughts, feelings, stresses, memories and what is happening in your life at the time you experience your symptoms.</p>			
<p>Analysis Describe any impressions you have about the relationship of your symptoms to your mental outlook and life events.</p>			
<p>Reprogramming Statements Write down a positive statement that speaks to your mind, body and spirit. It can be a healing quote you read or a positive statement you created. Reprogramming statements help you transform your negative thoughts into positive, healing ones. (Example: "I acknowledge my power to heal and accept responsibility for my health.")</p>			

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