

The Pain Truth Program DAILY Journal

If the right questions are answered, just **4-6 weeks of daily journaling** can be of potential benefit when pain is limiting one's life. Completing the form below on a daily basis may increase your sense of control over life, stress and pain.

Week ____

What 3 small physical activities can I do today that will move me closer to my goals?

Today, I did...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

What 3 small pleasurable and positive activities can I do today?

Today, I savoured and enjoyed...

What am I grateful for today?

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How was my sleep last night?

☐ Great	☐ Great	☐ Great	☐ Great	☐ Great	☐ Great	☐ Great
☐ Not quite enough	☐ Not quite enough	☐ Not quite enough	☐ Not quite enough	☐ Not quite enough	☐ Not quite enough	☐ Not quite enough
☐ Hardly slept	☐ Hardly slept	☐ Hardly slept	☐ Hardly slept	☐ Hardly slept	☐ Hardly slept	☐ Hardly slept

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