**Daily Anxiety Reflection & Management Template**

**Objective:**  
To help individuals track their anxiety, identify triggers, and monitor progress in managing anxiety through daily reflections.

**Date: \_\_\_\_\_\_\_\_\_\_**

**Section 1: How Am I Feeling Today?**

* What is your general mood today? (e.g., anxious, calm, overwhelmed, neutral, etc.)
* What physical symptoms are you noticing today? (e.g., racing heart, shallow breath, tight muscles, etc.)
* What emotions are most present today? (e.g., fear, frustration, sadness, relief)

**Section 2: Anxiety Triggers**

* What triggered your anxiety today, if anything? (List specific people, situations, or thoughts.)
* On a scale of 1-10, how intense was your anxiety today? (1 = minimal anxiety, 10 = overwhelming)
* Did you experience any unexpected triggers today? If so, what were they?

**Section 3: Coping Strategies Used**

* What coping strategies did you use to manage anxiety today? (e.g., deep breathing, grounding, positive self-talk, etc.)
* How effective were these strategies on a scale of 1-10? (1 = not effective, 10 = highly effective)
* Was there a particular moment today when you felt more in control of your anxiety?

**Section 4: Reframing Negative Thoughts**

* What was a negative thought you had today that increased your anxiety?
* How can you reframe this thought into something more balanced?
* What positive affirmation or truth can you remind yourself of next time this thought arises?

**Section 5: Reflection & Growth**

* What progress have you noticed since beginning this anxiety management practice? (e.g., feeling more calm, able to identify triggers sooner, etc.)
* What area do you want to focus on improving tomorrow? (e.g., coping strategies, reframing, reducing triggers)