



My Daily Glimmer Journal

A gentle reminder about noticing small moments of safety and joy

Today's Glimmers

Write down up to 3 small glimmers you noticed today

1.

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2.

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3.

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How They Made Me Feel in My Body

Describe sensations: calm, warm, light, relaxed, etc

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One Trigger I Noticed Today

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One Glimmer I Can Use to Balance It Next Time

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Gratitude Note

At least one thing I'm grateful for right now...

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