

My Daily Journal

Getting diagnosed with epilepsy can be difficult and the change in routine can be even harder. Remembering meds, attending appointments and trying to record your seizures can feel like a lot, so it's important to balance it out with something that makes you feel good.

Try Young Epilepsy's journaling template to help get your thoughts out onto a page.

How am I feeling today?



How was my day?

3 things that I'm grateful for...

1)

2)

3)

My daily affirmation...

Venting space

If you have something you're upset or annoyed about today, feel free to vent about it here. Then you can rip off this end of the page and chuck it in the recycling to let out all your frustrations!
