

Just for Today

Daily EA principles practice

Printable worksheet · 13 parts

Name _____ Date _____

Just for Today: Daily Reflection Worksheet

Emotions Anonymous Program

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Remember: The goal is progress, not perfection. Each day is a new opportunity to practice living in the present moment.

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PART 1 OF 13

About Emotions Anonymous

Emotions Anonymous (EA) is a twelve-step program designed to help individuals struggling with emotional difficulties and mental health challenges. Founded in 1971 and modeled after Alcoholics Anonymous, EA provides a supportive, non-judgmental environment for people seeking emotional well-being.

The program operates on the principle that emotional health is achievable through a process of self-discovery, acceptance, and mutual support. EA's approach centers on the belief that emotional problems often stem from how individuals respond to life events rather than the events themselves.

How to use this worksheet:

- Select a principle that resonates with you today
- Work through the sections at your own pace
- Be honest and compassionate with yourself
- Your responses save automatically, on this device and to your account
- Return to review and reflect on your progress

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PART 2 OF 13

Select Today's Principle

☐ Living Through This Day ☐ Finding Inner Happiness ☐ Acceptance and Adaptability ☐ Holistic Self-Care ☐ Selfless Acts and Personal Challenges ☐ Intentional Kindness and Self-Improvement ☐ Daily Program and Decision-Making ☐ Proactive Time Management ☐ Daily Meditation and Reflection ☐ Fearless Happiness ☐ Believing in My Ability to Live This Day

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Living Through This Day

Just for today I will try to live through this day only, not tackling all of my problems at once. I can do something at this moment that would discourage me if I had to continue it for a lifetime.

Intention Setting

What is one problem or challenge that feels overwhelming when you think about tackling it long-term?

How can you break this problem down into a smaller, manageable task for today only?

Write an affirmation for today based on this principle:

e.g., "Just for today, I will focus on taking one small step towards my goal."

Present Moment Awareness

List three things you can do right now to ground yourself in the present moment:

What is one task or activity you can commit to doing today, even if it seems difficult to maintain long-term?

How might focusing on just today relieve some of the pressure or anxiety you're feeling?

Breaking Down Larger Goals

Identify a long-term goal that feels overwhelming:

What is one small action you can take today that contributes to this goal?

How does this small action feel more manageable when you only commit to it for today?

Practicing Self-Compassion

Write down a self-critical thought you often have:

How can you rephrase this thought to be more compassionate, focusing only on today?

What is one kind thing you can do for yourself today?

Evening Reflection

What was the most challenging moment of your day?

How did focusing on "just for today" help you navigate this challenge?

List three accomplishments, no matter how small, from today:

Looking Ahead

Based on your experience today, what is one "just for today" intention you want to set for tomorrow?

How can you remind yourself of this "just for today" principle throughout tomorrow?

Write a brief message of encouragement to yourself for tomorrow:

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PART 4 OF 13

Finding Inner Happiness

Just for today I will try to be happy, realizing my happiness does not depend on what others do or say or what happens around me. Happiness is a result of being at peace with myself.

Intention Setting

Write an affirmation based on today's principle:

e.g., "Just for today, my happiness comes from within."

List three things you're grateful for right now:

What is one thing you can do today to nurture your inner peace?

Understanding Personal Happiness

Reflect on a recent moment when you felt genuinely happy. What internal factors contributed to this feeling?

How often do you find yourself relying on external factors (people, events, possessions) for your happiness?

What beliefs or thoughts might be holding you back from experiencing inner happiness?

Practicing Inner Peace

Describe a situation that often disturbs your peace of mind:

How can you reframe this situation to maintain your inner peace?

List three activities that help you feel centered and at peace:

Dealing with External Influences

Identify a recent instance where someone else's actions or words affected your mood:

How could you have responded differently to maintain your own happiness?

Write a short mantra to remind yourself that your happiness is your responsibility:

Self-Reflection and Growth

What personal qualities or strengths contribute to your inner happiness?

In what areas do you feel you need growth to achieve more inner peace?

What is one small step you can take today towards this growth?

Evening Reflection

How well were you able to maintain your inner happiness today? Rate from 1-10 and explain:

Rating:

[Select... / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10]

Describe a moment today when you chose inner peace over reacting to external circumstances:

What did you learn about yourself and your happiness today?

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Acceptance and Adaptability

Just for today I will try to adjust myself to what is and not force everything to adjust to my own desires. I will accept my family, my friends, my business, my circumstances as they come.

Intention Setting

Write an affirmation based on today's principle:

e.g., "Just for today, I will practice acceptance of things as they are."

List three aspects of your life you often try to control:

How might your day be different if you approached these with acceptance instead?

Understanding Acceptance

What does "acceptance" mean to you? How is it different from "resignation"?

Describe a recent situation where lack of acceptance caused you stress:

How might that situation have been different if you had practiced acceptance?

Practicing Adaptability

Identify a current circumstance in your life that you're finding difficult to accept:

What aspects of this situation are beyond your control?

List three ways you could adapt to this situation instead of trying to change it:

Accepting Others

Think of a person in your life whose behavior you often try to change. What is one aspect of their behavior you could try to accept today?

How might your relationship with this person improve if you practiced more acceptance?

Write a short mantra to remind yourself to accept others as they are:

Accepting Circumstances

Describe a current circumstance in your business or personal life that you're resisting:

What opportunities or lessons might this circumstance offer if you accepted it?

What is one small step you can take today to adapt to this circumstance?

Evening Reflection

How well were you able to practice acceptance today? Rate from 1-10 and explain:

Rating:

[Select... / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10]

Describe a moment today when you chose acceptance over resistance:

What did you learn about yourself and your ability to adapt today?

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Holistic Self-Care

Just for today I will take care of my physical health; I will exercise my mind; I will read something spiritual.

Intention Setting

Write an affirmation based on today's principle:

e.g., "Today, I commit to nurturing my body, mind, and spirit."

Physical health action for today:

Mental exercise for today:

Spiritual growth activity for today:

Physical Health

What is one healthy food choice you can make today?

Describe the physical activity or exercise you plan to do today:

How will you ensure you get enough rest or relaxation today?

Rate your current energy level (1-10) and note how you'd like to feel by day's end:

Current Energy:

[Select... / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10]

Desired Energy:

[Select... / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10]

Mental Exercise

What is one way you plan to challenge your mind today?

e.g., puzzle, learning a new skill, creative activity

List a topic or subject you'd like to learn more about:

How can you incorporate this learning into your day?

Describe a mental habit you'd like to improve:

e.g., positive thinking, focus, memory

Spiritual Growth

What does "spiritual" mean to you personally?

Choose a spiritual text, quote, or concept to reflect on today:

How can you integrate this spiritual reflection into your daily activities?

Describe one way you can practice mindfulness or presence today:

Balancing Act

How do you plan to balance these three aspects of self-care today?

What potential obstacles might you face in carrying out your self-care plans?

How can you overcome or adapt to these obstacles?

Evening Reflection

Rate how well you took care of each aspect today (1-10):

Physical:

[Select... / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10]

Mental:

[Select... / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10]

Spiritual:

[Select... / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10]

Positive outcome from physical self-care:

Positive outcome from mental self-care:

Positive outcome from spiritual self-care:

What did you learn about yourself and your self-care needs today?

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Selfless Acts and Personal Challenges

Just for today I will do somebody a good turn and not get found out. If anyone knows of it, it will not count. I will do at least one thing I don't want to do, and I will perform some small act of love for my neighbor.

Morning Intention Setting

Write an affirmation based on today's principle:

e.g., "Today, I will focus on quiet kindness and personal growth."

List three potential anonymous good deeds you could do today:

Planning Your Secret Good Turn

Choose one good deed from your list above that you plan to do today:

How will you ensure this act remains anonymous?

What personal satisfaction do you hope to gain from this act?

Challenging Yourself

List three things you've been avoiding or don't want to do:

Choose one of these tasks to accomplish today:

What is your main reason for avoiding this task?

How might completing this task contribute to your personal growth?

Act of Love for Your Neighbor

Who do you consider to be your "neighbor" in the context of this principle?

List three small acts of love you could perform for your neighbor:

Choose one act to perform today:

How do you think this act might positively impact your neighbor?

Overcoming Obstacles

What challenges might you face in carrying out these three acts today?

How can you prepare to overcome these challenges?

Evening Reflection

Were you able to complete your secret good turn? How did it make you feel?

Did you accomplish the task you didn't want to do? What did you learn from this?

Describe the act of love you performed for your neighbor and its impact:

How did today's experiences affect your perspective on kindness and personal growth?

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Intentional Kindness and Self-Improvement

Just for today I will try to go out of my way to be kind to someone I meet. I will be considerate, talk low, and look as good as I can. I will not engage in unnecessary criticism or finding fault, nor try to improve or regulate anybody except myself.

Morning Intention Setting

Write an affirmation based on today's principle:

e.g., "Today, I choose kindness, consideration, and self-improvement."

List three ways you can "go out of your way" to be kind today:

Planning Acts of Kindness

Identify one person you're likely to meet today whom you can show extra kindness to:

How specifically do you plan to show kindness to this person?

How might this act of kindness positively impact their day?

Practicing Consideration

List three ways you can be more considerate in your interactions today:

How can you remind yourself to "talk low" or speak more calmly today?

What does "look as good as I can" mean to you, and how will you implement it today?

Refraining from Criticism

Identify a situation where you often engage in unnecessary criticism or fault-finding:

How can you reframe your thoughts or responses in this situation to be more positive?

List three positive qualities you can look for in others instead of faults:

Self-Improvement Focus

Identify one aspect of yourself you'd like to improve today:

What specific action can you take today towards this self-improvement?

How can you redirect the urge to "improve" others back to improving yourself?

Evening Reflection

Describe the act of kindness you performed today and its impact:

How well were you able to practice consideration and positive self-presentation? Rate 1-10 and explain:

Rating:

[Select... / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10]

Were you able to refrain from unnecessary criticism? If not, how can you improve?

What progress did you make on your self-improvement goal?

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PART 9 OF 13

Daily Program and Decision-Making

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests— hurry and indecision.

Morning Program Planning

Write an affirmation based on today's principle:

e.g., "Today, I create structure while embracing flexibility and calm decision-making."

List your main goals or tasks for today:

Item 4

Item 5

Prioritize these goals/tasks in order of importance:

Time Blocking

Create a rough schedule for your day:

Morning:

Mid-day:

Afternoon:

Evening:

Addressing Hurry

Identify situations where you often feel rushed:

For each situation, list one way you can slow down or create more time:

What phrase or action can you use to remind yourself to avoid hurry?

Tackling Indecision

List any decisions you've been postponing:

Choose one decision to make today:

What information do you need to make this decision?

Set a specific time today to make this decision:

Flexibility Planning

What potential disruptions or changes might occur in your day?

How can you adapt your program if these changes occur?

What's your "non-negotiable" activity for today, regardless of changes?

Evening Reflection

How closely did you follow your planned program? Rate 1-10 and explain:

Rating:

[Select... / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10]

Describe a moment when you successfully avoided hurry:

Did you make the decision you planned? If yes, how do you feel about it? If no, what prevented you?

How did having a program impact your day compared to days without one?

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Proactive Time Management

Just for today I will stop saying, "If I had time." I never will find time for anything. If I want time, I must take it.

Morning Intention Setting

Write an affirmation based on today's principle:

e.g., "Today, I choose to take control of my time and prioritize what's important."

List three activities you've been postponing due to "lack of time":

Time Audit

How do you typically spend your mornings?

How do you typically spend your afternoons?

How do you typically spend your evenings?

Identify three time-wasters in your daily routine:

How much time could you potentially reclaim by reducing these time-wasters?

Prioritizing and Taking Time

Choose one postponed activity from Part 1 to prioritize today:

How much time do you need for this activity?

From which part of your day will you "take" this time?

What specific adjustments will you make to accommodate this activity?

Overcoming "If I Had Time" Thinking

List three common situations where you find yourself saying "If I had time":

For each situation, reframe your thinking to a more proactive approach:

Creating a "Must-Do" List

List three activities that you commit to "taking time for" this week:

For each activity, specify when and how you will make time for it:

Evening Reflection

Did you successfully make time for your chosen activity today? If yes, how did it feel? If no, what prevented you?

How did actively "taking time" impact your day compared to waiting for free time?

Did you catch yourself using "If I had time" thinking? How did you address it?

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Daily Meditation and Reflection

Just for today I will have a quiet time of meditation wherein I shall think of my Higher Power, of myself, and of my neighbor. I shall relax and seek truth.

Preparation for Meditation

Choose a quiet, comfortable space for your meditation:

Set a timer for your meditation (recommended 10-15 minutes):

Write an intention for your meditation session:

e.g., "In this meditation, I open myself to peace, self-understanding, and compassion."

Guided Meditation Structure

Use this structure for your meditation: 1. Higher Power Reflection (1/3 of time) 2. Self-Reflection (1/3 of time) 3. Neighbor/Community Reflection (1/3 of time) Check this box when you complete your meditation:

☐ Completed

Post-Meditation Reflection

Describe any insights or feelings that arose about your Higher Power:

What did you learn or realize about yourself during the meditation?

How did reflecting on your "neighbor" impact your perspective?

Did you experience any moments of deep relaxation? Describe:

What truths or realizations, if any, emerged during your meditation?

Applying Meditation Insights

Action to strengthen connection with Higher Power:

Action to improve yourself:

Action to help or connect with your "neighbor":

How can you carry the sense of relaxation from your meditation into your day?

Truth-Seeking Reflection

What question or topic would you like to explore further for truth?

How can you seek more information or insight on this topic today?

Evening Review

Were you able to complete your meditation today? If not, what prevented you?

How did today's meditation practice impact your day?

Were you able to implement the actions you identified in Part 4? Describe:

What progress did you make in your truth-seeking goal?

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Fearless Happiness

Just for today I shall be unafraid. Particularly, I shall be unafraid to be happy, to enjoy what is good, what is beautiful, and what is lovely in life.

Morning Intention Setting

Write an affirmation based on today's principle:

e.g., "Today, I choose to be fearless in my pursuit of happiness and joy."

List three things you're looking forward to today:

Identifying Fear of Happiness

Reflect on times when you've held back from fully enjoying positive experiences. What fears were present?

List three common fears that prevent you from embracing happiness:

For each fear, write a counter-statement of courage:

Cultivating Fearless Joy

Identify three simple pleasures you can enjoy today:

How can you fully immerse yourself in these experiences without fear?

What is one bold action you can take today to pursue happiness?

Appreciating Beauty and Goodness

List three beautiful or good things you often overlook in your daily life:

How can you mindfully appreciate these aspects today?

Describe something you find lovely about yourself or your life:

Overcoming Obstacles to Fearless Happiness

What challenges might you face in being unafraid to be happy today?

How can you prepare to overcome these challenges?

Write a supportive message to yourself for moments when fear arises:

Evening Reflection

Describe a moment today when you were unafraid to be happy:

How did embracing fearless happiness impact your day?

What beautiful or good things did you notice and appreciate today?

Were there moments when fear held you back? How can you approach similar situations differently tomorrow?

Gratitude Practice

List five things you're grateful for today, focusing on the good, beautiful, and lovely aspects of life:

Item 4

Item 5

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PART 13 OF 13

Believing in My Ability to Live This Day

Just for today I choose to believe that I can live this one day.

Morning Affirmation

Write today's date:

Create a personal affirmation based on today's principle:

e.g., "Today, I have the strength and resources to handle whatever comes my way."

Take a deep breath and repeat your affirmation aloud three times. Check when complete:

☐ Completed

Today's Landscape

List three potential challenges you might face today:

For each challenge, write one reason why you believe you can handle it today:

Breaking Down the Day

Divide your day into manageable chunks:

For each chunk, set one small, achievable goal:

Sources of Strength

List three internal resources (personal qualities, skills) you can draw upon today:

Identify two external sources of support available to you today:

Visualizing Success

Take a moment to visualize yourself successfully navigating this day. Describe what you see:

How does this successful version of you approach challenges?

Mindfulness Moment

One thing you can see right now:

One thing you can hear:

One physical sensation you're experiencing:

Reframing Doubts

If you have any doubts about managing today, write them down:

Now, reframe each doubt into a statement of possibility:

Evening Reflection

Describe a moment today when you demonstrated belief in your ability to handle the day:

How did focusing on just this one day impact your overall outlook?

What was the most challenging part of believing in yourself today?

What was the most rewarding part of believing in yourself today?

Gratitude and Accomplishment

List three things you're grateful for about today:

Write down three things, no matter how small, that you accomplished today:

Tomorrow's Seed

Based on your experience today, write a short encouraging note to yourself for tomorrow:

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