

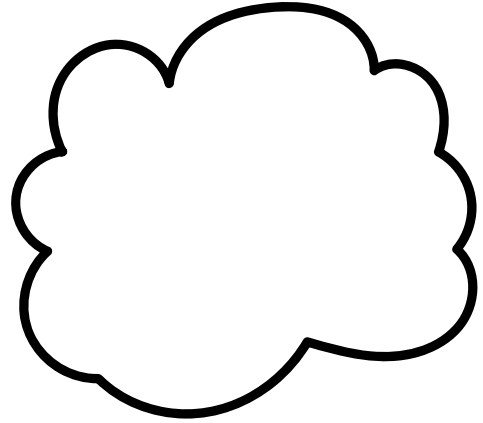
HAPPY

WORRIED

CALM

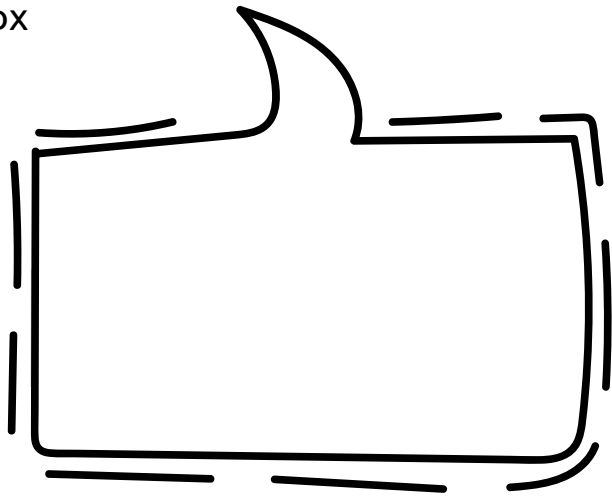
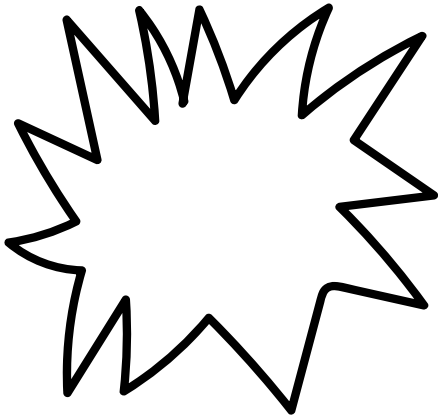
ANNOYED

SURPRISED

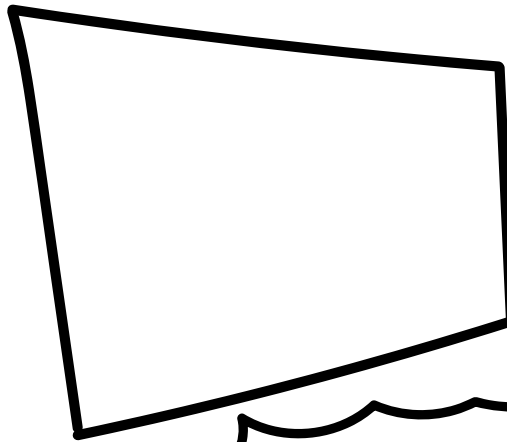


At the end of each day, take a moment to think about your day and write down how you feel in each box

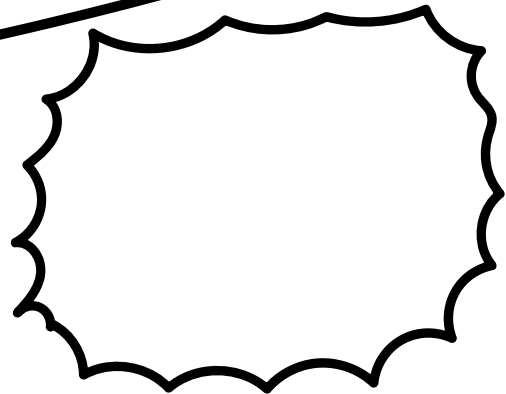
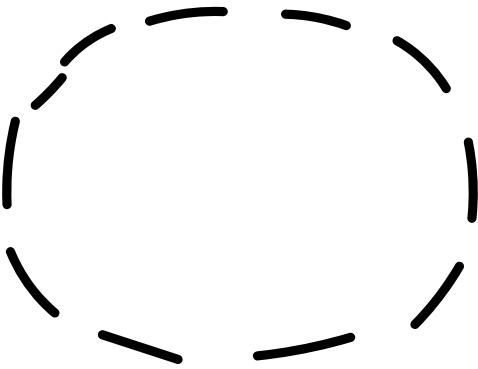
FRIENDLY



FRIGHTENED



UNHAPPY



LOVING

EXCITED

QUIET

TIRED

PLAYFUL



CONFUSED

NERVOUS

PROUD

CHEERFUL