

## **TODAY I FEEL**

| Sat | Sun | Mon | Tue | Wed |
|-----|-----|-----|-----|-----|
|     |     |     |     |     |
|     |     |     |     |     |
|     |     |     |     |     |
|     |     |     |     |     |
|     |     |     |     |     |
|     |     |     |     |     |
|     |     |     |     |     |
|     |     |     |     |     |

Angry
Confused
Excited
Hopeful
Thrilled
Tired
Worried

Annoyed
Ashamed
Healthy
Positive
Sick
Sleepy
Thoughtful

Fill in the chart day by day