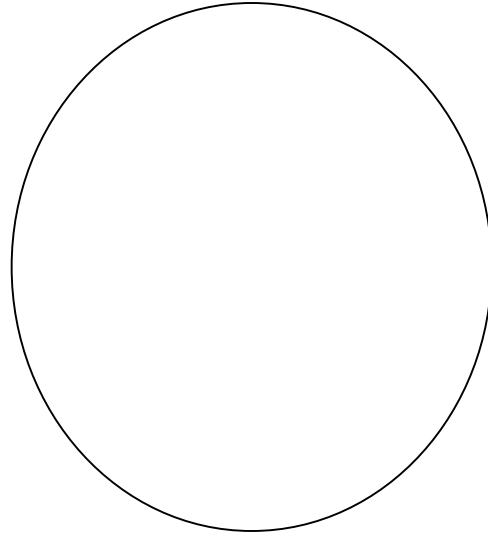


Feelings Journal

Date: _____

I felt _____ today.



The best things that happened today were:

1. _____
2. _____
3. _____

Things that I wish went better today:

1. _____
2. _____
3. _____

