



How are you  
*feeling* today?

\_\_\_\_\_

Things you are  
*grateful* for :

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Today's  
affirmations :

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My mood today is...

☐ Calm

☐ Rested

☐ Creative

☐ Happy

☐ Angry

☐ Sad

☐ Anxious

☐ Playful

☐ \_\_\_\_\_

