

# #HTGS JOURNAL



THIS BOOK BELONGS TO:

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FILL OUT ONE SELF-CHECK AND ONE HUNT THE GOOD STUFF PAGE A DAY.

# #HTGS ACTIVITY

## DAILY PERSONAL CHECK

**It isn't the emotion you're feeling, it is what you do with it!**

IT IS AS NATURAL TO FEEL ANGER, LONELY, WORRY, AND RAGE, JUST AS MUCH AS HAPPY, ECSTATIC, CONFIDENT, AND PROUD. WHAT YOU DO WITH THOSE EMOTIONS IS WHAT MATTER

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### EMOTIONS YOU FELT TODAY:

(CHECK ALL THAT YOU FELT!)

- |             |              |
|-------------|--------------|
| HAPPY__     | NERVOUS__    |
| AFRAID__    | HOPEFUL__    |
| BAD__       | WORRIED__    |
| ANGRY__     | ENRAGED__    |
| DISGUSTED__ | EXHAUSTED__  |
| LONELY__    | SHOCKED__    |
| ECSTATIC__  | SHY__        |
| SURPRISED__ | JEALOUS__    |
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| CAUTIOUS__  | FRUSTRATED__ |
|             | PROUD__      |

### LIST EMOTIONS

FELT THE MOST TODAY.

### HOW DID YOU PHYSICALLY FEEL?

(CHECK ALL THAT YOU FELT!)

- |                            |                 |
|----------------------------|-----------------|
| "BUTTERFLIES IN STOMACH"__ | SWEATY__        |
| TIGHT SHOULDERS__          | DIZZY__         |
| DIFFICULTY...__            | LIGHTHEADED__   |
| BREATHING__                | SORE MUSCLES__  |
| SLEEPING__                 | DRY MOUTH__     |
| FOCUSING__                 | BLUSHING__      |
| HEADACHE__                 | JITTERY__       |
| UPSET STOMACH__            | RELAXED__       |
| INCREASED HEARTRATE__      | TIGHT THROAT__  |
|                            | SHAKING HANDS__ |

### HOW DO YOU CURRENTLY

PHYSICALLY FEEL?

**Remember! There are no "Good" or "Bad" Emotions**

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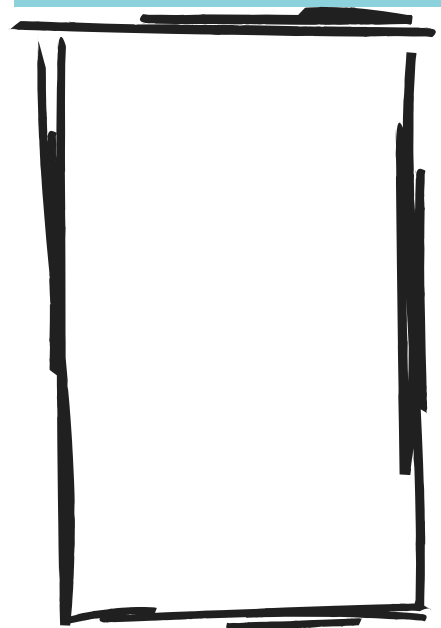
JOURNAL: DRAW, COLOR, OR WRITE THE GOOD THINGS!

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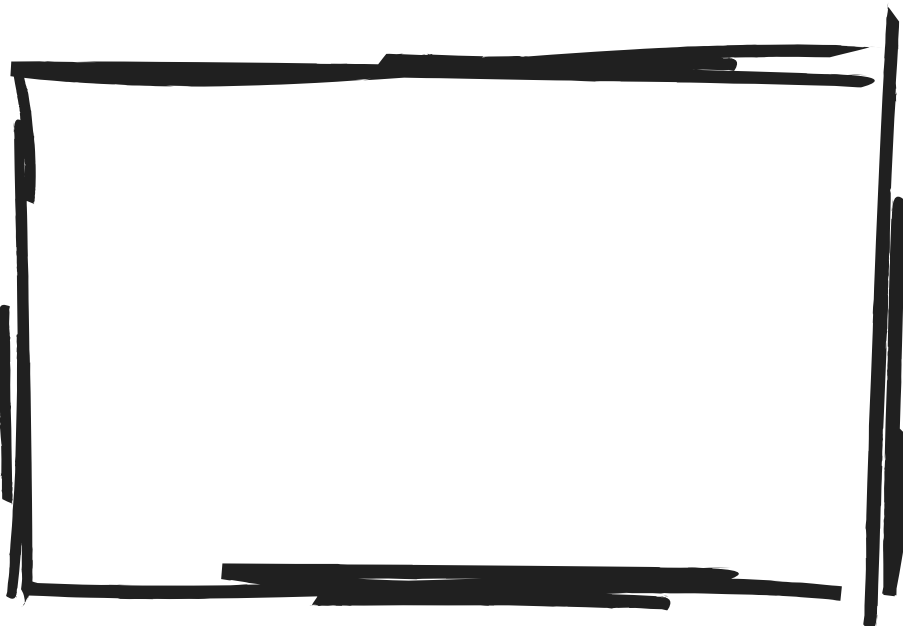
**WHAT WAS THE GOOD THING THAT HAPPENED?**



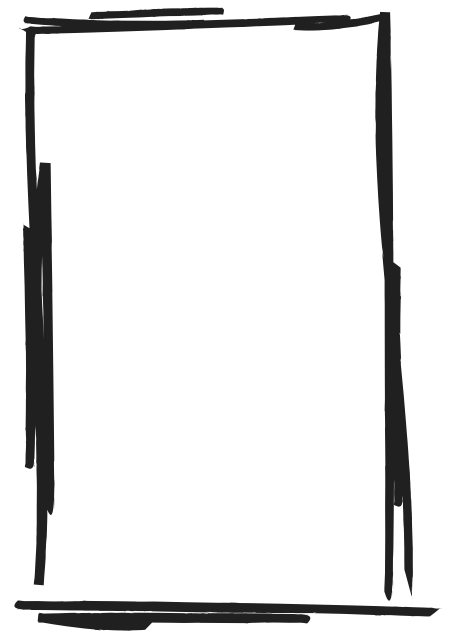
**WHY DID THIS GOOD THING HAPPEN?**



**HOW DOES THIS GOOD THING MAKE YOU FEEL?**



**WHAT DOES THIS GOOD THING MEAN TO YOU?**



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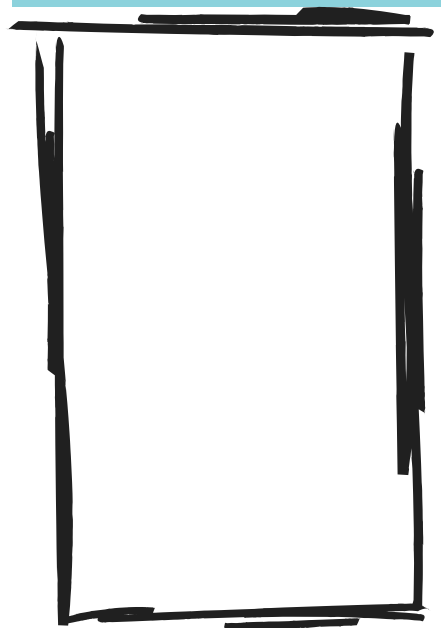
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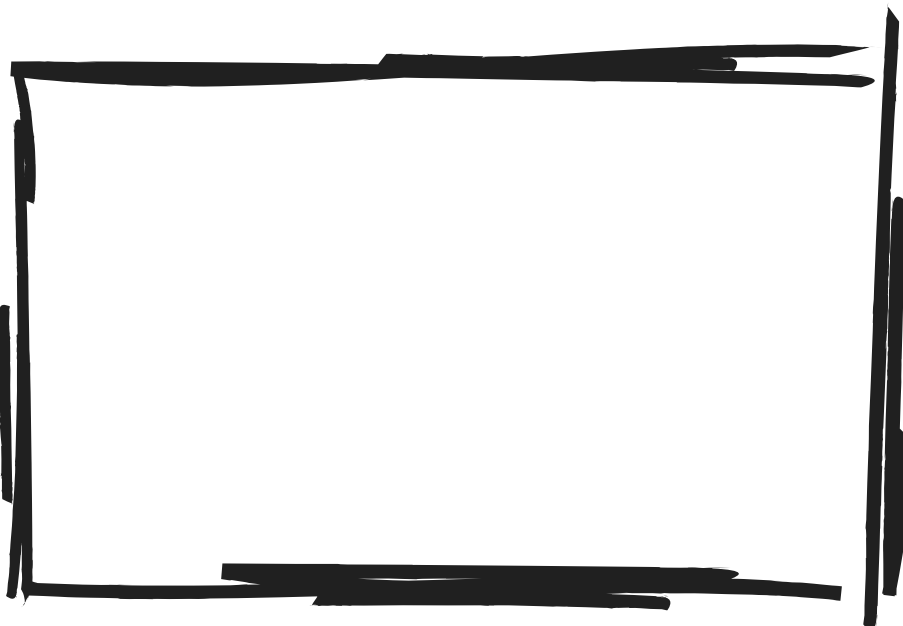
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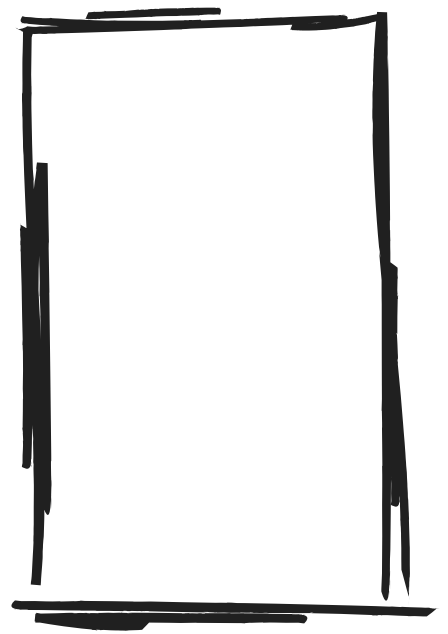
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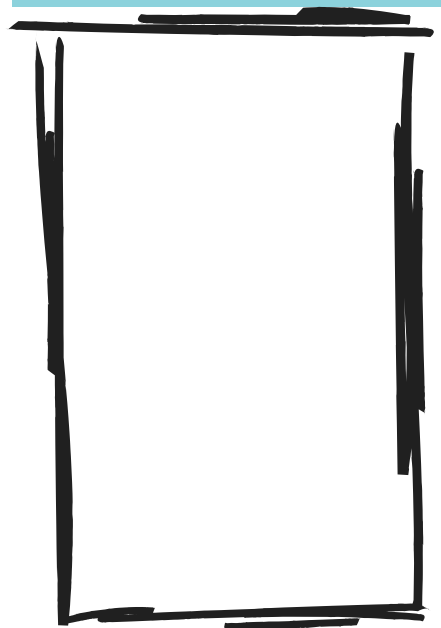
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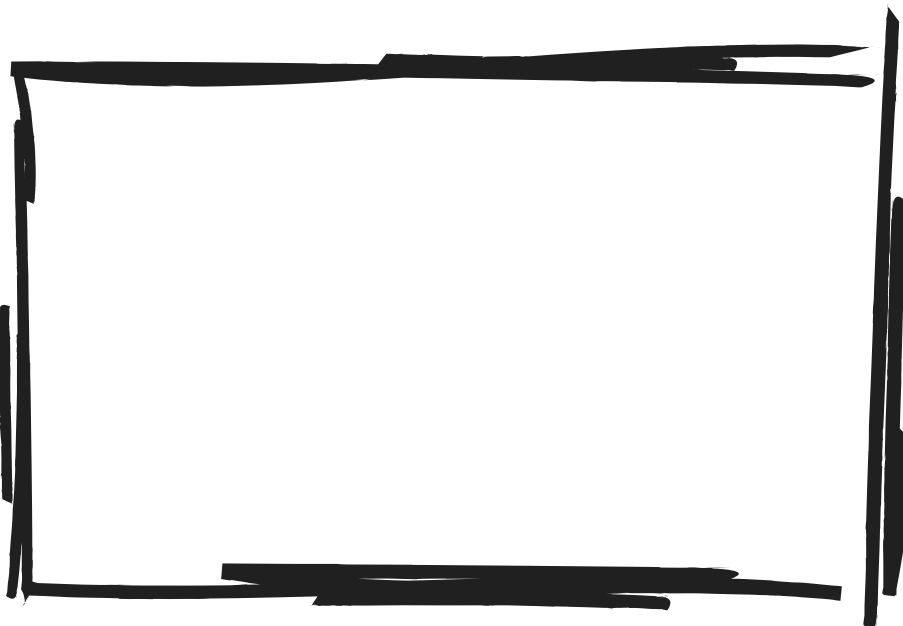
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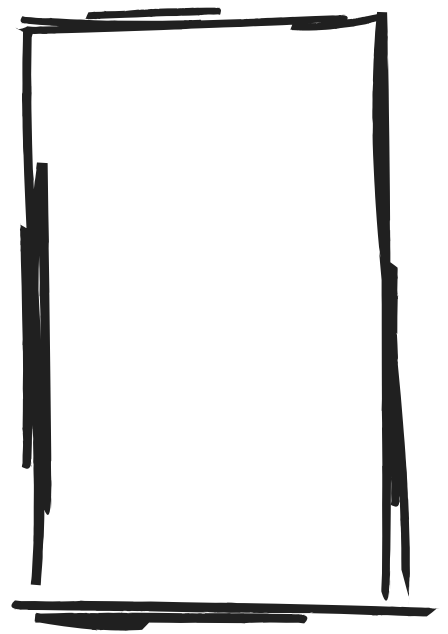
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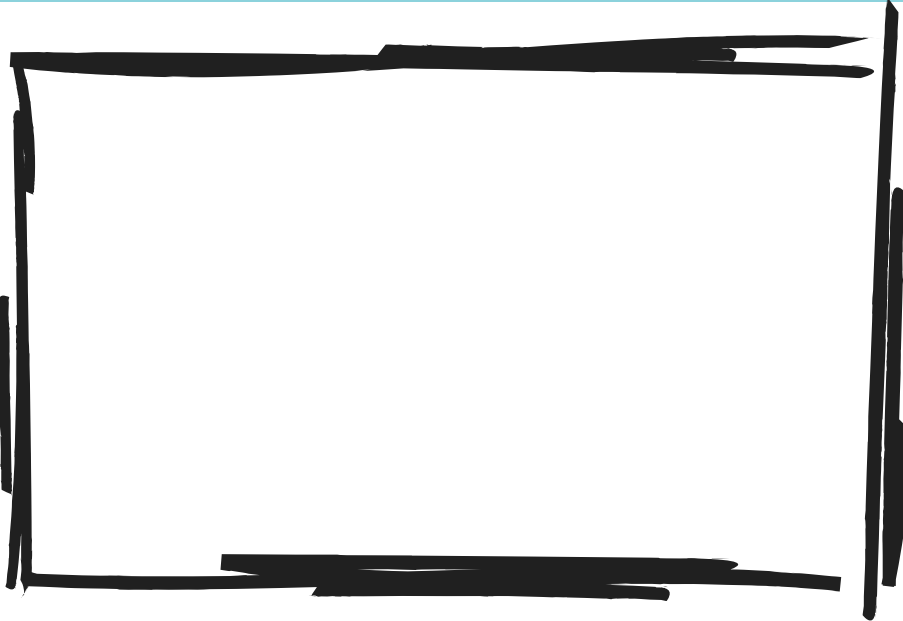


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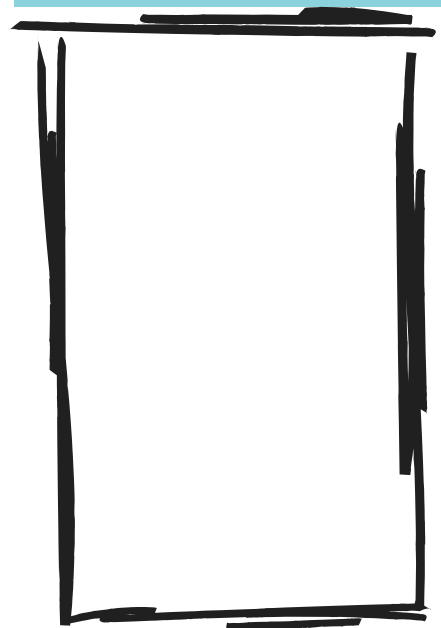
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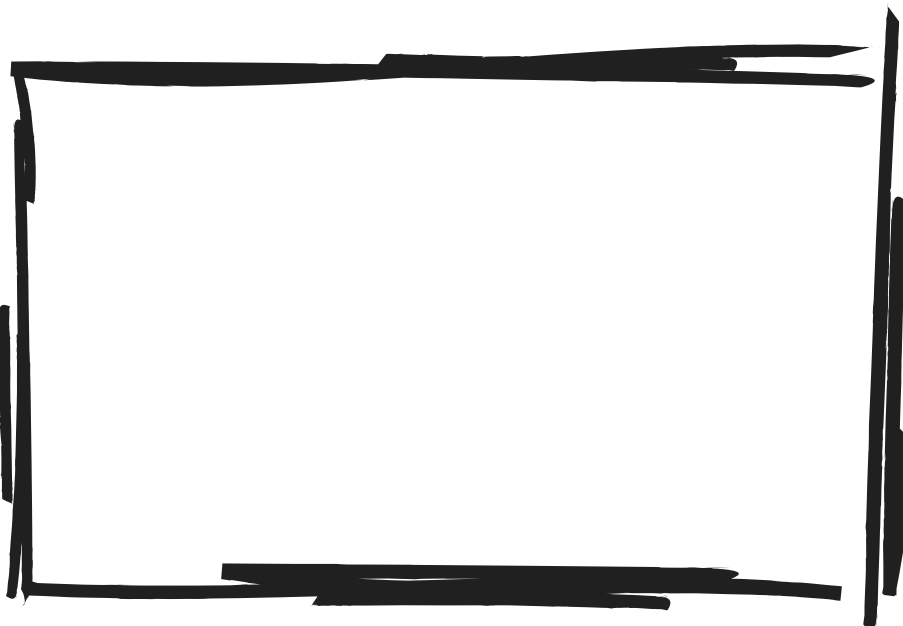
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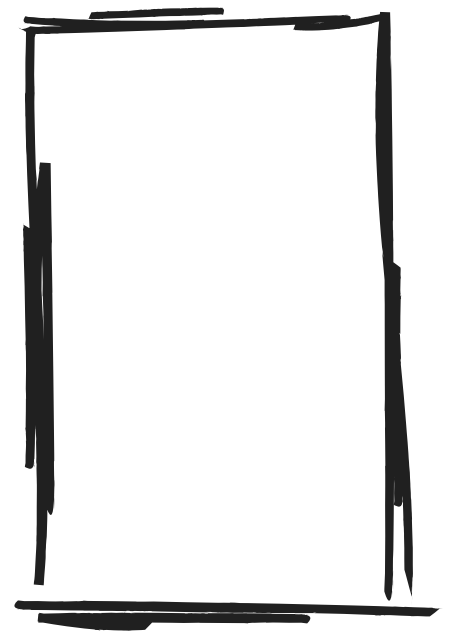
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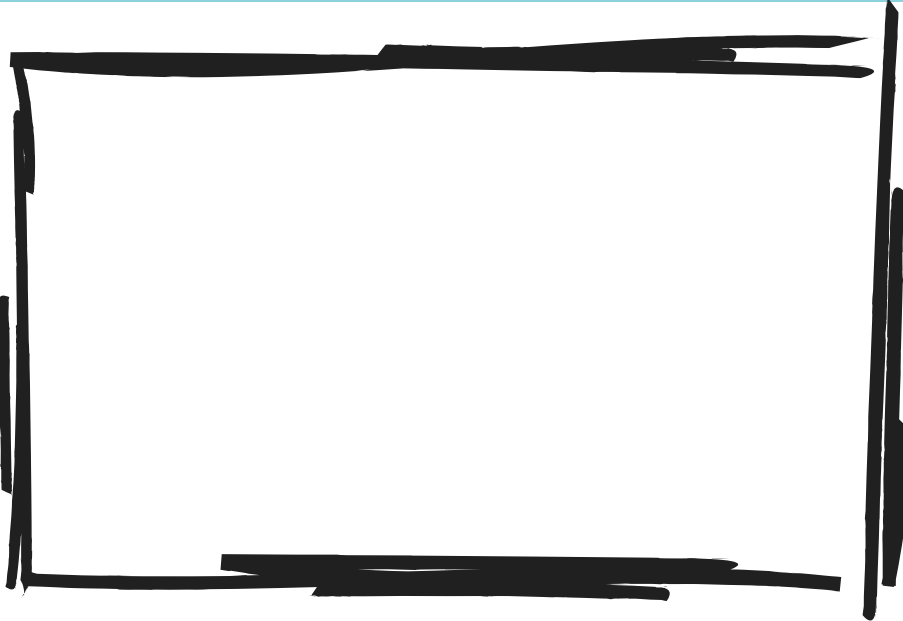
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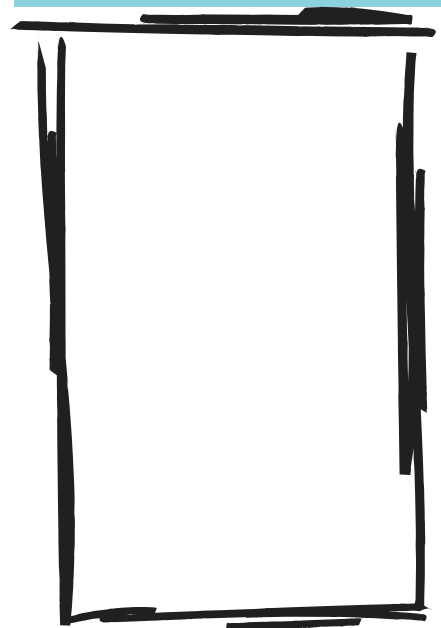
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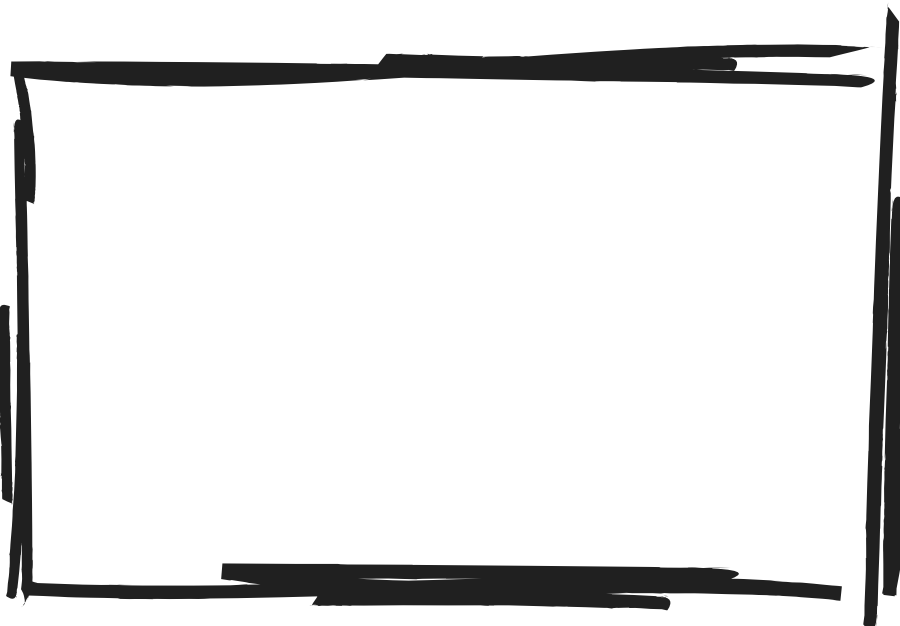
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