

MENTAL health LOG

Date 10/3/2023

Rate your day

9 / 10

Energy Level



Stress Level



I slept 6 hrs last night

Today I accomplished...

- 1 good mark on math exam
- 2 happiness with friends
- 3 the girls didn't ask us for food

Today I feel...



8a

12p

11p

Happy.
Grateful.
Proud.
Motivated.
Productive.

Satisfied.
Relaxed.
Calm.
Powerful.
Excited.

Lonley.
Depressed.
Anxious.
Hurt.
Frustrated.

Annoyed.
Sad.
Angry.
Exhausted.
Drained.

What happened today?

I went to school and I was on a lot of time connected

Thoughts & Reflections

I can do what I purpose to, only if I want it's the only thing I need and I have to study more