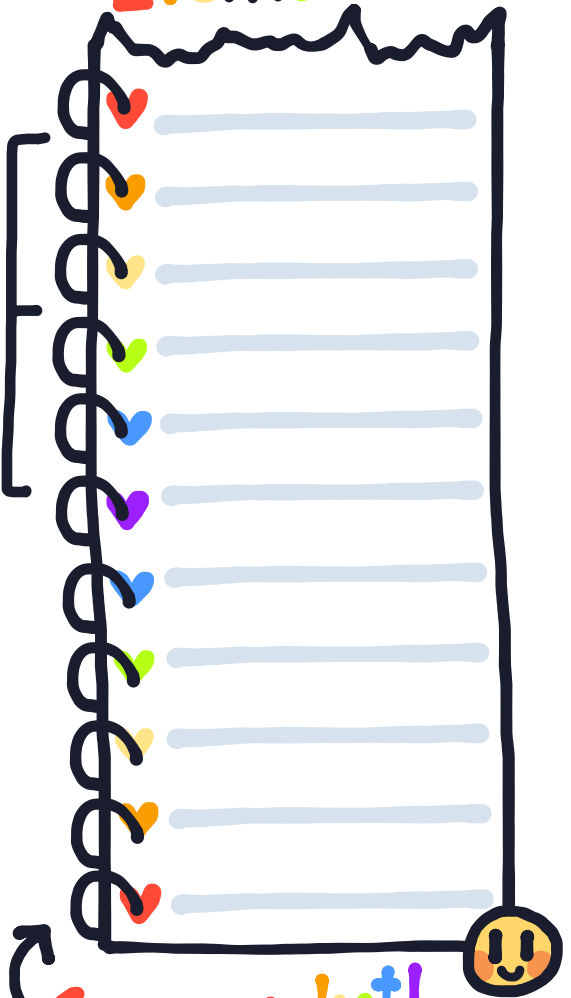


DAILY

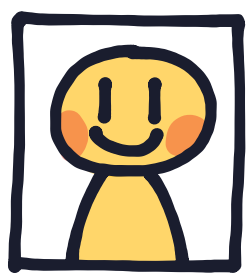
Things I think about:

SMILE

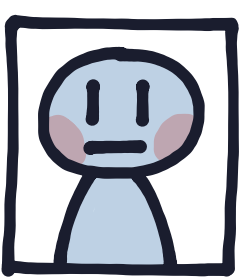
Etc... Etc...



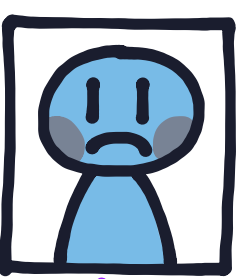
Emotions Sheet:



HAPPY-%



Error Margin



Sad-%



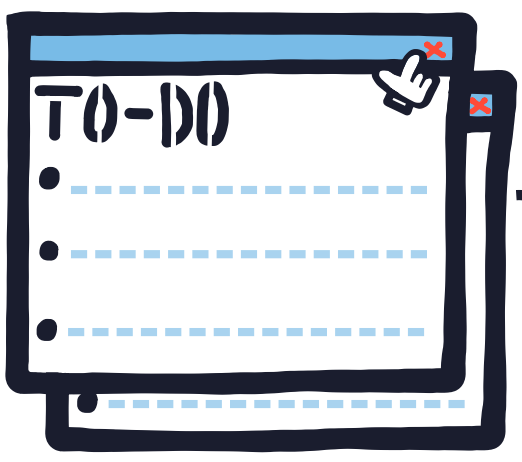
ANGRY-%



Stressed-%



Grocery list!
(fav foods/drinks)



Today I feel _____ because...

X.....