

MENTAL health TRACKER

Date: February 22 2023

Affirmation:

Today will be a good day

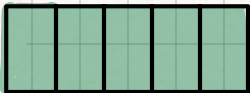
Today I feel...

- | | | | |
|--|--|--------------------------------------|--|
| <input checked="" type="checkbox"/> Happy. | <input checked="" type="checkbox"/> Satisfied. | <input type="checkbox"/> Lonely. | <input type="checkbox"/> Annoyed. |
| <input checked="" type="checkbox"/> Grateful. | <input type="checkbox"/> Relaxed. | <input type="checkbox"/> Depressed. | <input type="checkbox"/> Sad. |
| <input type="checkbox"/> Proud. | <input checked="" type="checkbox"/> Calm. | <input type="checkbox"/> Anxious. | <input type="checkbox"/> Angry. |
| <input checked="" type="checkbox"/> Motivated. | <input type="checkbox"/> Powerful. | <input type="checkbox"/> Hurt. | <input type="checkbox"/> Annoyed. |
| <input type="checkbox"/> Productive. | <input checked="" type="checkbox"/> Excited. | <input type="checkbox"/> Frustrated. | <input checked="" type="checkbox"/> Exhausted. |

Why do I feel this way?

Because everything has gone well today

Energy Level



Stress Level



Hours of Sleep

8 hrs.

3 goals for today

Good person

Do good in school

Do good in sports

Ways to take care of myself

Every way possible

What I am grateful for

Everything good in my life

What can I do to make my next day better?

Do everything good possible

Thoughts & Reflections

Lots of good things