

What makes me happy?



Diary

How do I feel today?

Depress
ec

Sad

Men

Happy

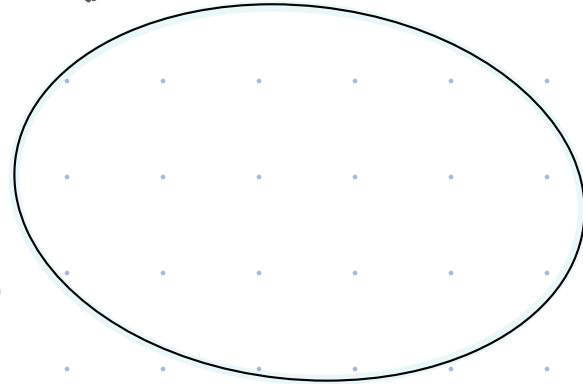
Sick

What good have I done?

(or what mistakes did I make?)



Small doodles



What do I regret doing?



What causes me stress/anxiety?

A rectangular box with a list of seven small circles on the left side, intended for writing down causes of stress or anxiety.

What makes you happy?



Diary

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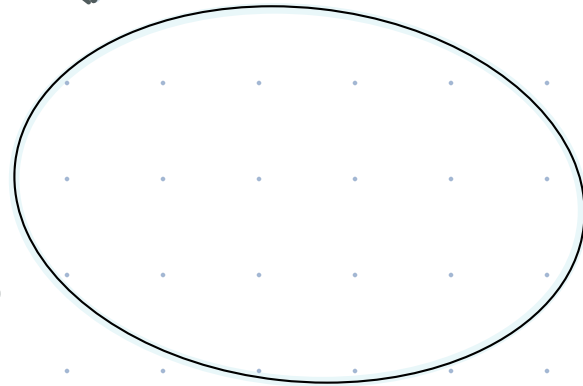
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