

What makes me happy?

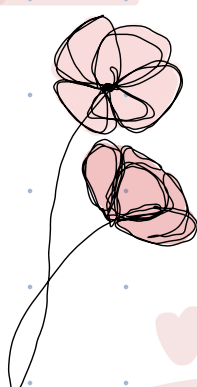
diary

How do I feel today?

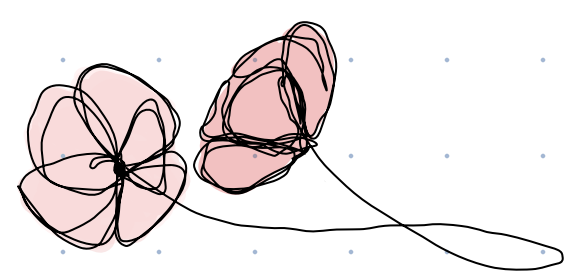


date:

What good have I done?



Small Doodles



What do I regret doing?

What causes me stress/anxiety?

Grid area for writing answers to 'What do I regret doing?' and 'What causes me stress/anxiety?' with four bullet points on the left side.

