

Self

love

Energy



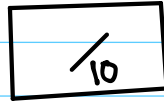
(Shade in)

Stress



(Shade in)

rate day



1. horridle

2. Not good

3 eh

4 OK

5 fine

6 Better

7 great

8 fine

9 The best

10. amazing

fav thing today

Your friends

Your Bestie:

Your friends (all or them):

Things to do when Bored

1 Call freinds / text

2 Make a dance / Learn one

3 Write storys

4 Write Songs

5 go to friend's house

6 Start a collection