

Weekly Emotions Tracker

How am I feeling this week?

EMOTION	MON	TUE	WED	THU	FRI	SAT	SUN
 Happy	☐	☐	☐	☐	☐	☐	☐
 Peaceful	☐	☐	☐	☐	☐	☐	☐
 Grateful	☐	☐	☐	☐	☐	☐	☐
 Confident	☐	☐	☐	☐	☐	☐	☐
 Hopeful	☐	☐	☐	☐	☐	☐	☐
 Sad	☐	☐	☐	☐	☐	☐	☐
 Worried	☐	☐	☐	☐	☐	☐	☐
 Frustrated	☐	☐	☐	☐	☐	☐	☐
 Tired	☐	☐	☐	☐	☐	☐	☐
 Confused	☐	☐	☐	☐	☐	☐	☐

♥ This week, I mostly felt:

♥ What made me feel this way?

★ One thing I am thankful for:

🌿 A prayer for next week:

Feelings are visitors.
Let God's truth be your guide.

♥ "Cast all your anxiety on Him because He cares for you." – 1 Peter 5:7