



INSIDE OUT

EMOTION TRACKER

Focus on the good!

Track your emotions each day!

It's okay to feel your feelings.

MOOD KEY



JOY

Happy, excited, cheerful



SADNESS

Sad, down, blue



DISGUST

Yucky, annoyed, not a fan



FEAR

Scared, worried, nervous



ANGER

Mad, frustrated, irritated

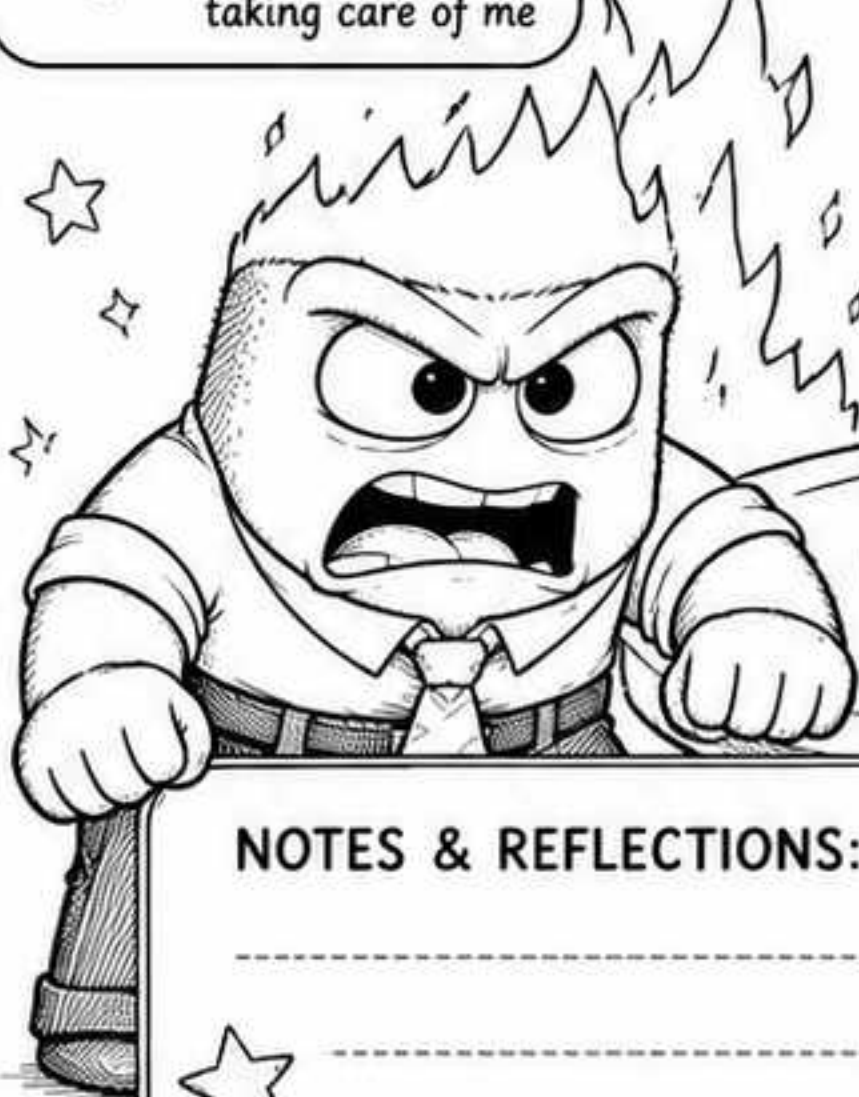


SELF CARE

Proud, calm, taking care of me

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

You're doing great!



NOTES & REFLECTIONS:

♥ All emotions are welcome here. Every feeling has a purpose. ♥