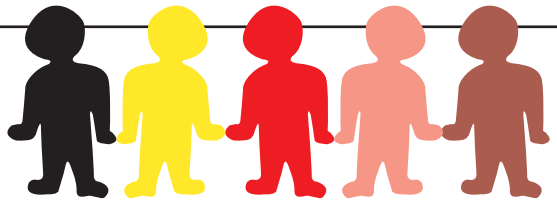
My Name _____  Month/Year _____

Today I am feeling...

happy	safe	loving	forgetful	worthy
sad	valuable	hopeful	stupid	scared
mad	precious	pretty	handsome	hurt
glad	sleepy	peaceful	grateful	cheerful
angry	silly	unhappy	brave	confused
tired	hopeless	helpless	strong	weak
grumpy	sick	nervous	powerful	quiet
hungry	shy	weepy	upset	grateful
excited	generous	blah	ashamed	joyous
playful	funny	courageous	goofy	alone

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

© 2016 Linda Redford. All rights reserved.