

# DAILY FEELINGS JOURNAL

Date:

**(Reflect on your day in the evening)**

School work I completed today: .....

Fun activities I did today: .....

Today I am thankful for (choose 1): **family / friends / good weather / my comfy bed / being outside / my pets / time alone / having fun / getting work done / eating something nice / other.....**

I am looking forward to doing ..... tomorrow.

Emoji of the day

