

Daily Emotions Log

Choose two words from the list to describe how you feel today.

Can't find your emotions there? Make up some other words!

I think these feelings are:

I feel this way because:

What can cheer you up or help you stay happy today? Draw or write them down here!

EMOTION

angry
annoyed
anxious
ashamed
awkward
brave
calm
cheerful
chilled
confused
discouraged
disgusted
distracted
embarrassed
excited
friendly
guilty
happy
hopeful
jealous
lonely
loved
nervous
offended
relaxed
sad
scared
splendid
thoughtful
tired
uncomfortable
unsure
worried