

EMOTION TRACKING

create a key that will track your emotional states throughout the day. you can use colors or symbols.

Then, with pen, pencil, or coloring materials. chart each day with the corresponding feeling from your key.

for example, red=angry, light blue=relaxed

KEY	MEANING/DEFINITION
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S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S