

## TODAY PAGE

Today's date is \_\_\_\_\_ and I am feeling:

SAD	—	—	—	—	—	HAPPY
MEAN	—	—	—	—	—	KIND
SERIOUS	—	—	—	—	—	FUN
ANGRY	—	—	—	—	—	JOYFUL
UGLY	—	—	—	—	—	GOOD LOOKING
LYING	—	—	—	—	—	HONEST

### HIGH'S & LOW'S

What was the HIGH (*the best*) point of today or this past week?

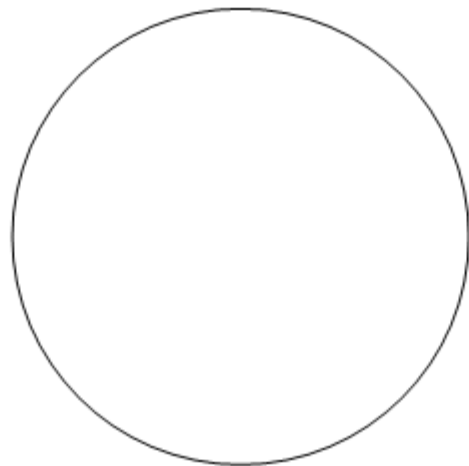
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What was the LOW (*the worst*) point of today or this past week?

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Draw a face that shows how you are feeling today.  
Why are you feeling this way?

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