

Daily Emotions Log

Choose at least two words from the list to describe how you feel today. Can't find your emotions there? Feel free to use other words.

Today I feel _____

I think these feelings are:

- ☐ both positive ☐ positive and negative
☐ negative and positive ☐ both negative

I feel this way because _____

What can cheer you up or help you stay happy today? Write or draw your ideas below.

EMOTIONS LIST

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