Name: _____   Date: _____

Time to reflect

Today is:

How I feel about today:

:(:| :) :) :D
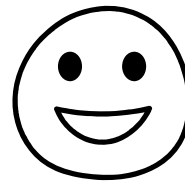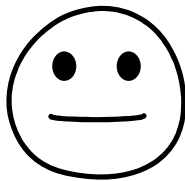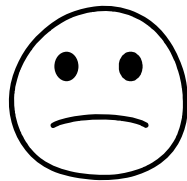
Something that made me happy today

Reason for my rating

_____

_____

_____

_____

_____

_____

Something that upset me today:

_____

_____

_____