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# My Feelings & Me Journal



# My Feelings Tracker

Create a feeling key in the bottom right corner. Choose 5 feelings you often experience. Pick a colour for each feeling. Colour a square each day with how you felt. At the end of the month, think about what patterns you notice.

1		2		3		4		5		6
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7		8		9		10		11		12
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13		14		15		16		17		18
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19		20		21		22		23		24
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25		26		27		28		29		30
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31
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Feelings Key

Happy				