

regretful	hurt	disgusted	angry
relaxed	impatient	empty	anxious
relieved	insecure	embarrassed	annoyed
sad	invisible	energetic	awkward
satisfied	irritated	envious	bored
scared	jealous	excited	bullied
shame	joyful	exhausted	calm
silly	lonely	explosive	confident
sleepy	loved	frustrated	confused
sorry	miserable	fulfilled	content
thankful	motivated	grateful	curious
thoughtful	nervous	guilty	defensive
unhappy	optimistic	happy	depressed
upset	playful	helpless	determined
withdrawn	peaceful	hopeful	devastated
worried	powerful		disappointed
worthless			

choose a word for how you feel.

friday

thursday

wednesday

tuesday

monday

... i'm feeling

designed by irenehoffman.com

A MENTAL WELLNESS CENTER PROGRAM



it's ok 😊
 not ok 😞
 be ok 😬

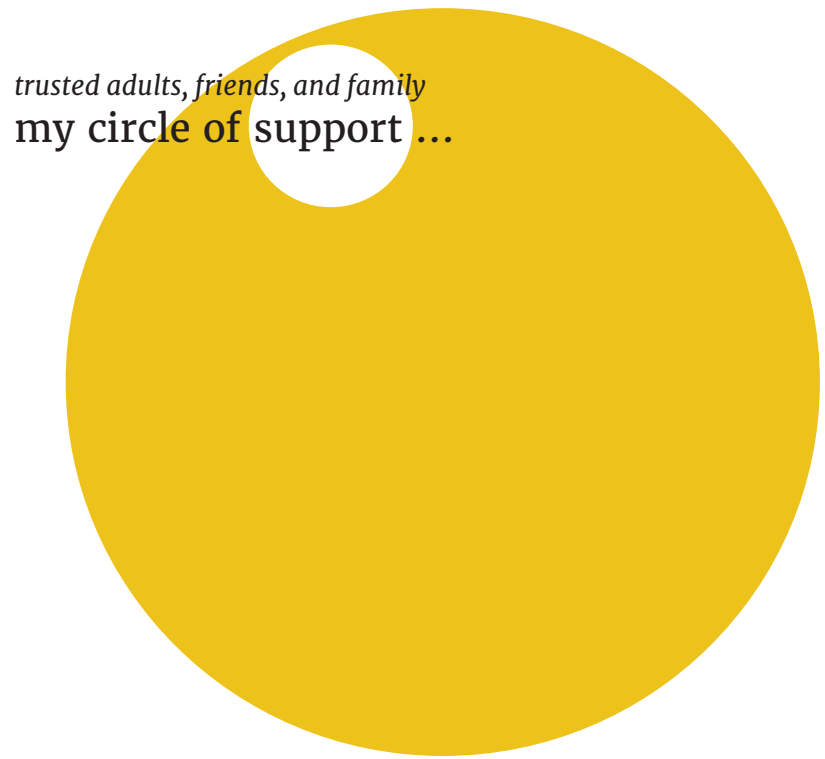
the mood explorer

your daily emotion tracker



i'm **grateful** for...

.....
monday
.....
tuesday
.....
wednesday
.....
thursday
.....
friday
.....



act of **kindness** ...

.....
.....
.....
.....
.....
.....

a **challenge** in my life...

.....
.....

my practice of **self-care** ...

.....
.....