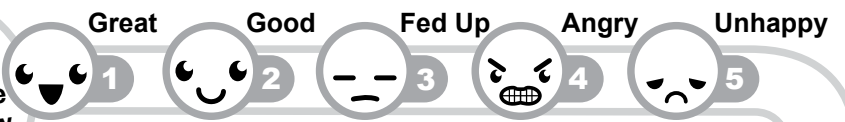


Add a face or number to the circle to show how you felt!



Your thoughts; and your thoughts about those thoughts.	Your words, sounds, tone, pitch and volume.
Your emotions, feelings, responses and reactions.	Your movements, posture, gestures and expressions.

Date \_\_\_\_\_

MONDAY	Thoughts	Words	Emotions	Movements	Circle
[Grid]					○
TUESDAY					○
WEDNESDAY					○
THURSDAY					○
FRIDAY					○
SATURDAY					○
SUNDAY					○