

Feelings chart

	6am	9am	12pm	3pm	6pm	Bedtime
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

- 1) For a full week, set an alarm on your phone and denote the feeling you're having at the specific time of day. Pick from these feelings: SAD, HAPPY, HURT, HELPFUL, FRUSTRATED, CONFIDENT, TIRED, ENERGIZED (you can also use NOT SURE)
- 2) Once you've completed the chart, see if there are patterns that emerge. Are you feeling very positive or negative feelings at certain times of day? If so, why might that be so?
- 3) What changes could you make in your life to allow for more of the positive feelings and less of the negative feelings?