

LITTLE SEED COUNSELING

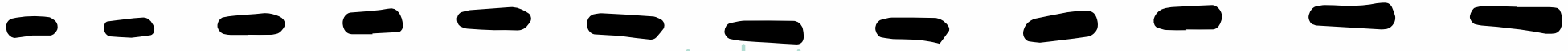
FEELINGS JOURNAL

a place for thoughts and feelings



gratitude

today I am grateful for



dreams

today I dream of



monday

rate your day

on a scale of 0-10 & share why you
picked that number

feelings today:





gratitude

today I am grateful for



tuesday

rate your day

on a scale of 0-10 & share why you
picked that number

feelings today:





gratitude

today I am grateful for



wednesday

rate your day

on a scale of 0-10 & share why you
picked that number

feelings today:





gratitude

today I am grateful for



thursday

rate your day

on a scale of 0-10 & share why you
picked that number

feelings today:



gratitude

today I am grateful for



friday

rate your day

on a scale of 0-10 & share why you
picked that number

feelings today:





gratitude

today I am grateful for



saturday

rate your day

on a scale of 0-10 & share why you
picked that number

feelings today:





gratitude

today I am grateful for



sunday

rate your day

on a scale of 0-10 & share why you
picked that number

feelings today:



gratitude

today I am grateful for



reflection

what went well this week?

**what needs work next
week?**

