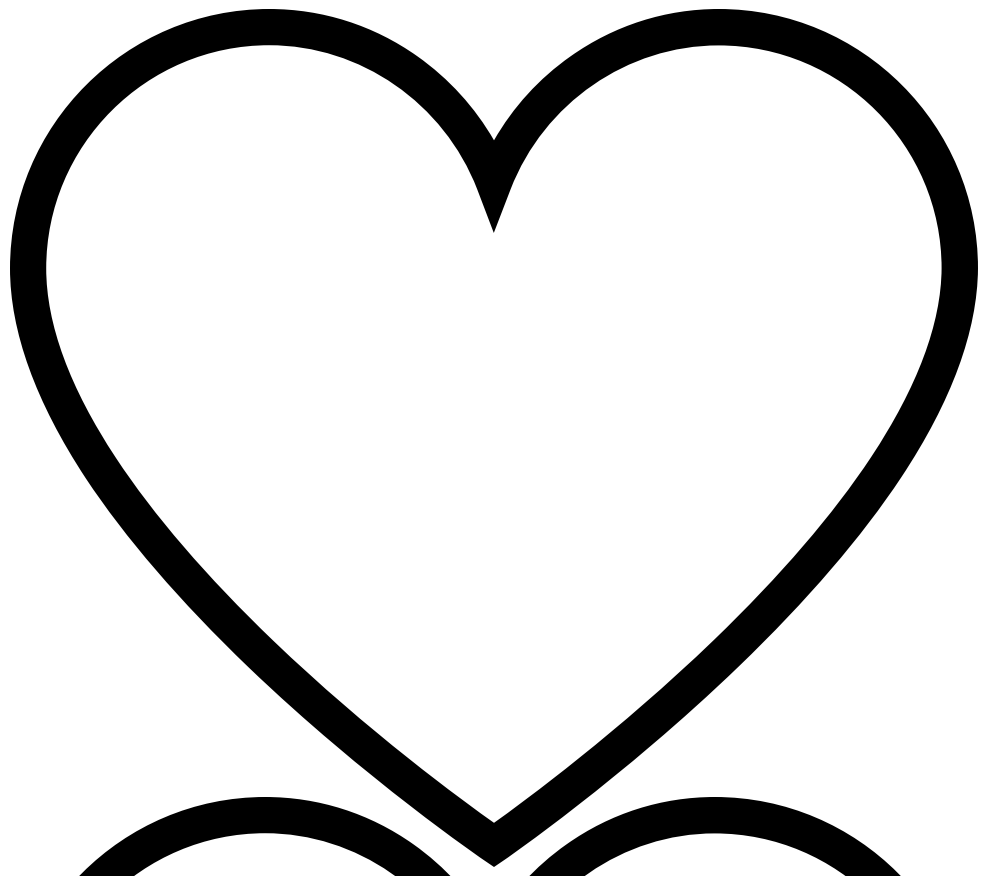
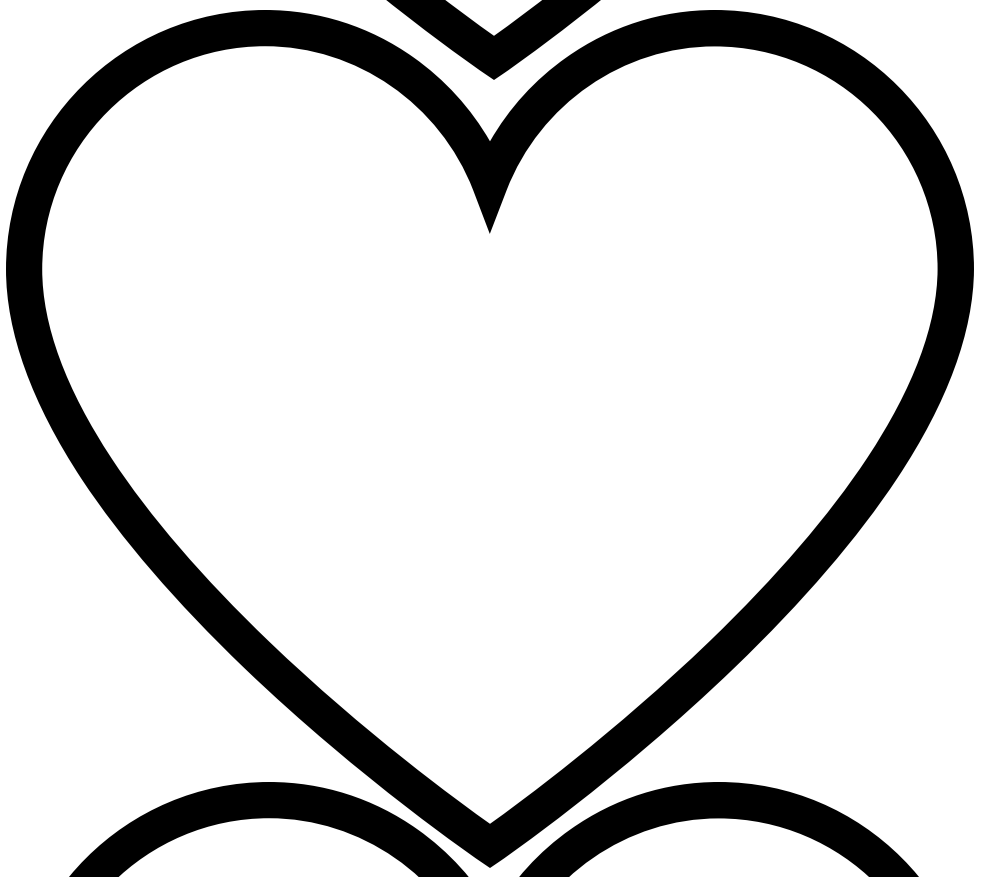
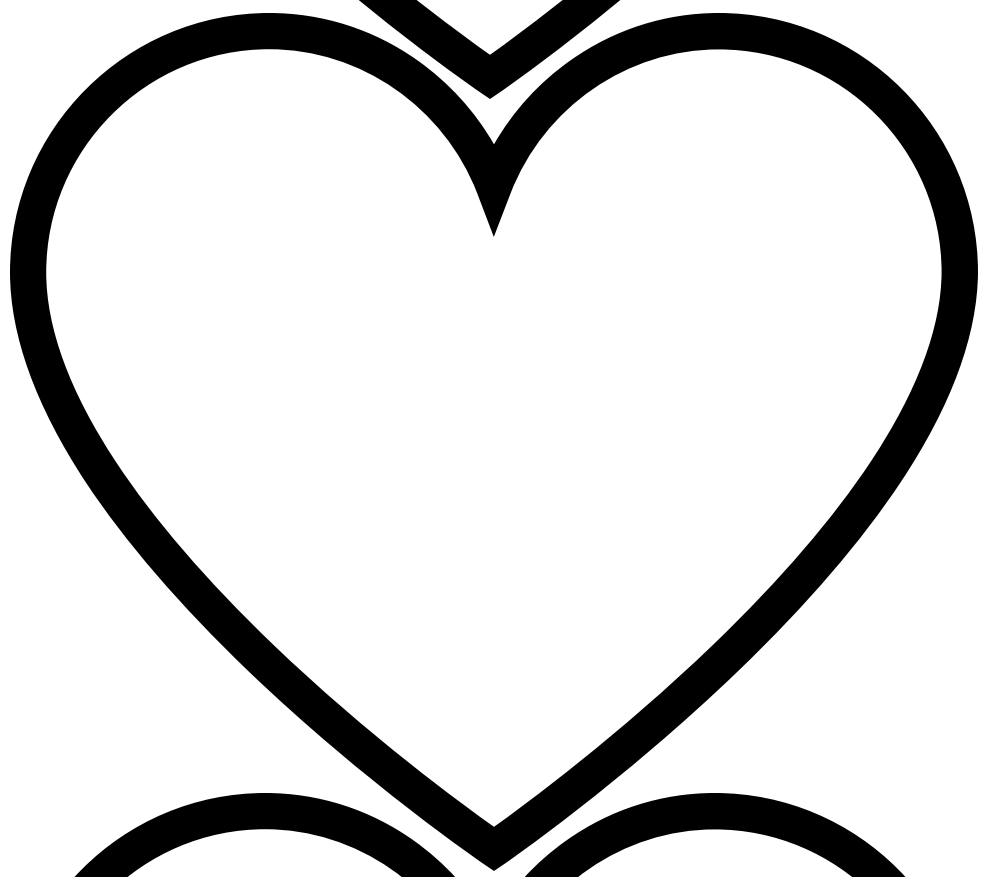


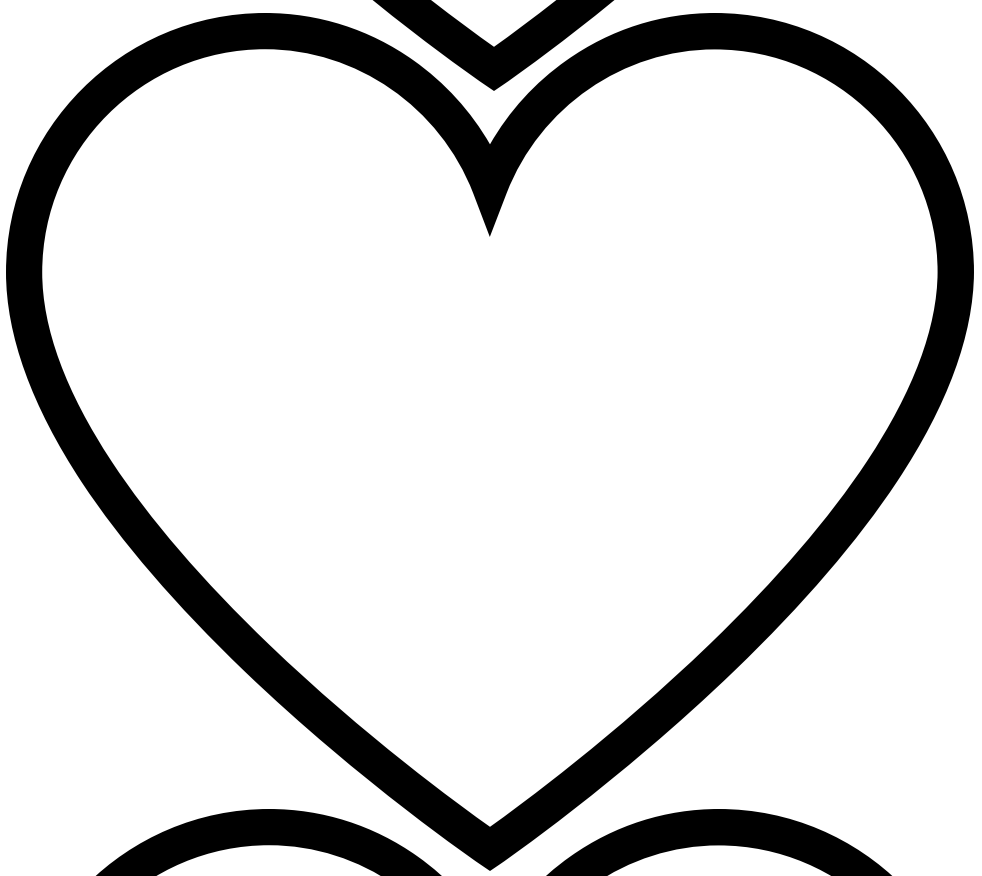
Weekly Emotions Journal

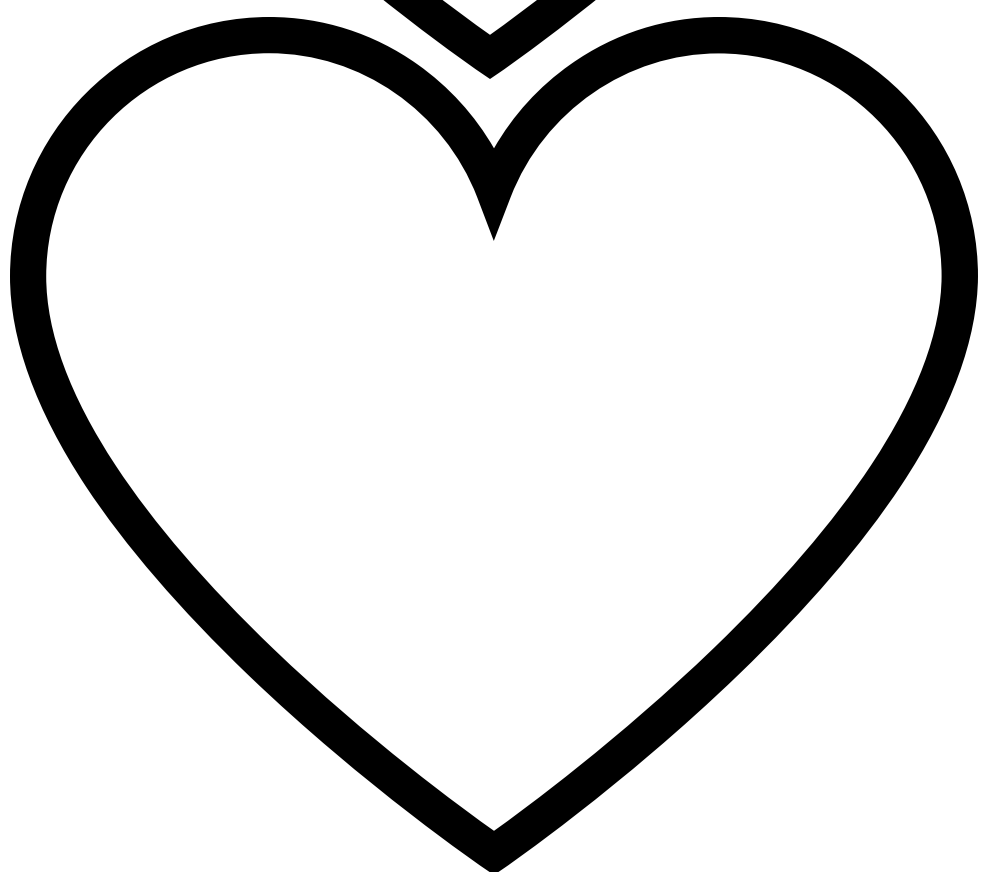
Identify the top 3 feelings you had each day, write each feeling in a color on the lines provided. Then fill in the heart with the colors that represent each feeling you experienced.











**What has been the overall emotional picture of
my heart this week?**

