

Today I Feel Worksheet

Name:

Sex:

Age:

Date:

Instructions:

Please fill in your name, sex, and age at the top of the worksheet. Reflect on your emotions for today, both positive and negative, and describe them in the "Today I feel" column. Next, in the "Because" column, write down the reasons behind your emotions. Finally, in the "What I Need" column, consider what support or actions might help you navigate your feelings.

Today I feel...	Because...	What I Need...

Draw an emoji in the space provided to represent your overall feeling:

