

My Flourishing Journal

TODAY I FELT

Draining Emotions	when I felt it	none	some	lots
Sad				
Stressed				
Frustrated				
Shamed				
Guilty				
Disgusted				
Angry				
Afraid				
Contemptuous				
Embarrassed				
Positive Emotions	when I felt it	none	some	lots
Thankful				
Amused				
Loved/kind				
Joyful				
Hopeful				
Happily absorbed				
Inspired				
Full of wonder				
Valued & valuable				
Peaceful				

MY BEST MOMENT TODAY WAS

Because

MY MOST CHALLENGING MOMENT TODAY WAS

Because

THREE THINGS THAT WENT WELL TODAY WERE:

- 1.
- 2.
- 3.

I experienced God today when... ..

Something I learned about God today was... ..

A good choice I made today to care for my emotional, spiritual or physical wellbeing was....