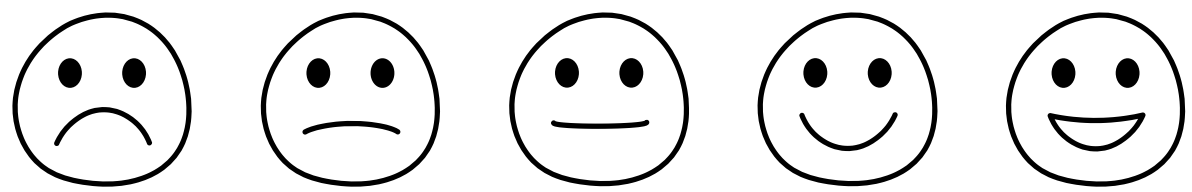


Name: _____ Date: _____

Time to reflect

Today is: _____

How I feel about today:



Something that made me happy today

Reason for my rating

Something that upset me today:
