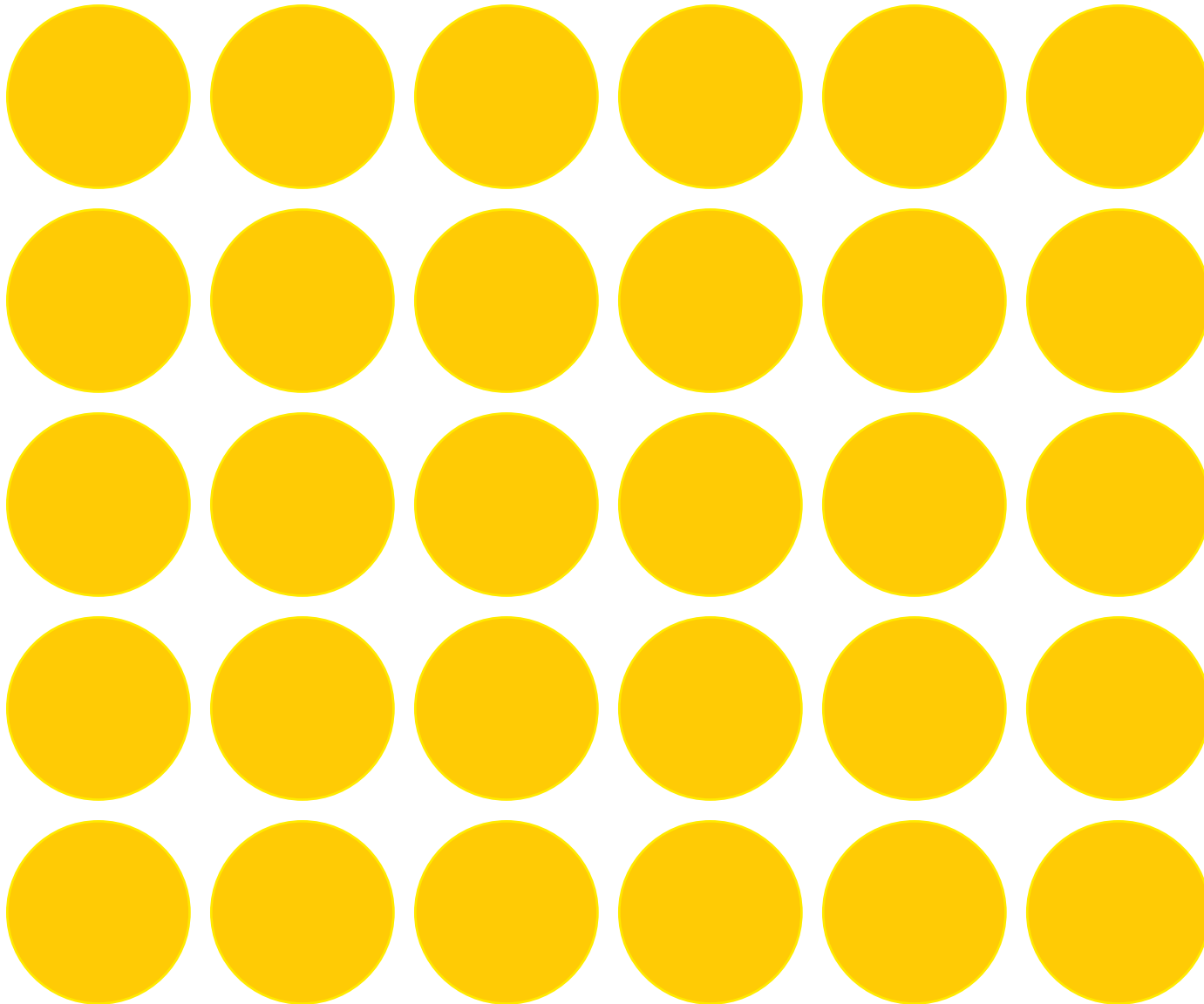
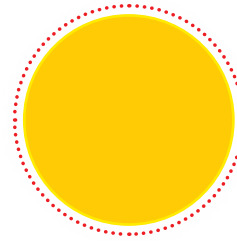


DAY 1 >



# HOW'S YOUR DAY?



MONTH

**I'M FEELING...**  
(DRAW A FEELING IN THE CIRCLES. USE ONE OF THE EXAMPLES BELOW OR CREATE YOUR OWN.)



## HAPPY METER

**ON AVERAGE...**  
HOW DID THIS MONTH SHAPE UP?

- DELIRIOUS
- CONTENT
- BUMMED
- YIKES