

Emotional Pixels

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2													
1													
	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	

Excellent
Good
Focused/Productive
Normal
Anxious
Tired
Frustrated
Stressed
Sick/Illness

Colour the squares for each day.

Each colour indicates how you feel.

Suggestions have been made and you can also add your own.

This will enable you to review your emotions over time and help you spot patterns.