

# Feelings Sheet

\*Record your feelings 3 times per day. Use Feelings List from Resources as needed

<b>SUN</b>	Morning	
	Afternoon	
	Evening	
<b>MON</b>	Morning	
	Afternoon	
	Evening	
<b>TUE</b>	Morning	
	Afternoon	
	Evening	
<b>WED</b>	Morning	
	Afternoon	
	Evening	
<b>THU</b>	Morning	
	Afternoon	
	Evening	
<b>FRI</b>	Morning	
	Afternoon	
	Evening	
<b>SAT</b>	Morning	
	Afternoon	
	Evening	





## Likes and Dislikes

Likes

Dislikes

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# “Self-Discipline” Change Sheet

\*Record your ‘Three Things’ each day

<b>SUN</b>	#1	
	#2	
	#3	
<b>MON</b>	#1	
	#2	
	#3	
<b>TUE</b>	#1	
	#2	
	#3	
<b>WED</b>	#1	
	#2	
	#3	
<b>THU</b>	#1	
	#2	
	#3	
<b>FRI</b>	#1	
	#2	
	#3	
<b>SAT</b>	#1	
	#2	
	#3	

## Self-Soothing List

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.