

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## My Weekly Emotional Balance Sheet

Things That Bugged Me		Things That Made Me Feel Good	
<b>1</b>		<b>1</b>	
<b>2</b>		<b>2</b>	
<b>3</b>		<b>3</b>	
<b>4</b>		<b>4</b>	
<b>5</b>		<b>5</b>	
<b>6</b>		<b>6</b>	
<b>7</b>		<b>7</b>	
<b>8</b>		<b>8</b>	

Soon You Will Notice A Shift in Balance to More Feel Goods Than Bugs Me Days...Except for Once in Awhile.

**Life is Like That!**