

Reflections

ON MY FEELINGS TODAY



Did I manage my feelings well today? YES NO

Did I make any rash decisions because of my feelings today? YES NO

Did any of my feelings cause me to praise God today? YES NO

Did any of my feelings cause me to be grateful today? YES NO

Today my worst feeling was...

What situation made me feel this way?

How did I respond to this feeling?

Did I tell the Lord about this feeling? YES NO

Today my happiest feeling was...

What situation made me feel this way?

How did I respond to this feeling?

Did I tell the Lord about this feeling? YES NO