

This week, gently

A few small things a day. Circle today's weather.

WEEK OF _____

Mon

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

How did today feel?



Tue

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How did today feel?



Wed

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How did today feel?



Thu

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How did today feel?



Fri

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How did today feel?



Sat

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☐ _____

☐ _____

How did today feel?



Sun

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

How did today feel?

