



STUDENT _____ DATE _____ SESSION _____

DIRECTIONS Graph your emotions throughout the day. Then reflect on your patterns and plan one small action.

EMOTIONAL INTENSITY SCALE



+2 Very Positive



+1 Positive



0 Neutral



-1 Negative



-2 Very Negative



Morning
(8 AM)



Mid-Morning
(10 AM)



Afternoon
(1 PM)



Evening
(4 PM)



Night
(7 PM)



REFLECTION

What was the highest point in your day? _____

What happened? _____

What was the lowest point in your day? _____

What happened? _____

What patterns or trends do you notice
in your data wave? _____



ONE SMALL ACTION

What is one small action you can take tomorrow
to support more positive waves? _____

NEXT ACTION _____ FOLLOW-UP _____