

# Today I am feeling...?



positive  
cheerful  
happy  
joyous  
ecstatic



miffed  
annoyed  
angry  
irate  
furious



down  
unhappy  
sad  
miserable  
blue



OK  
cool  
calm  
relaxed  
chilled



twitchy  
nervous  
concerned  
worried  
anxious



uncertain  
befuddled  
mixed up  
confused  
floored



# Today I am feeling...?



Add your own feelings words...

A yellow mood tracker card with a yellow-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large yellow paint splatter.A red mood tracker card with a red-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large red paint splatter.A blue mood tracker card with a blue-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large blue paint splatter.A green mood tracker card with a green-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large green paint splatter.A purple mood tracker card with a purple-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large purple paint splatter.A multi-colored mood tracker card with a multi-colored gradient on the left side containing five horizontal lines for writing. On the right side, there is a large multi-colored paint splatter.



