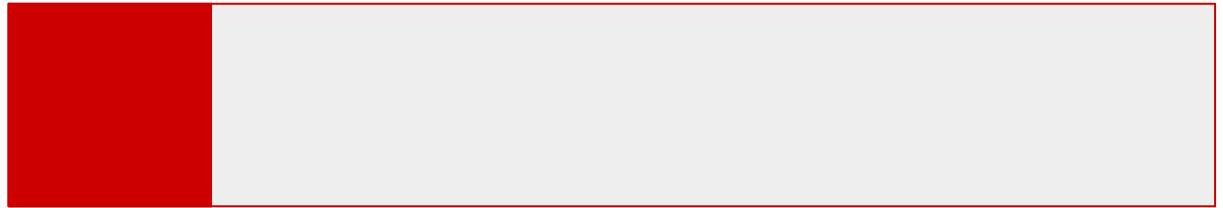
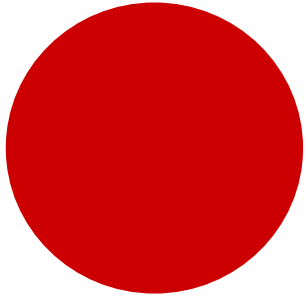
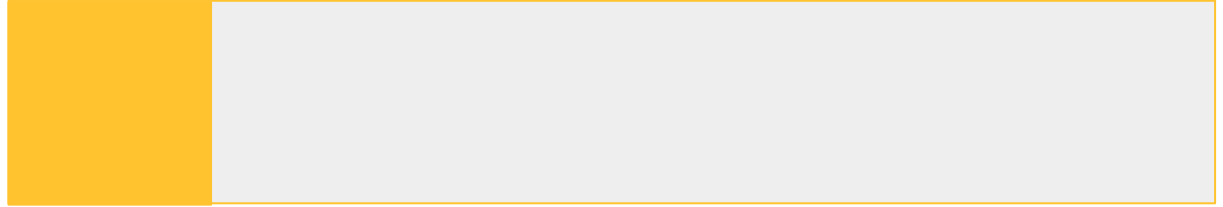
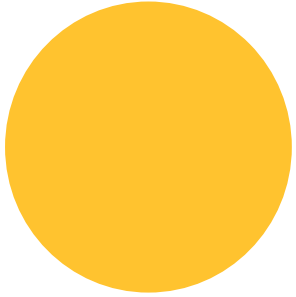
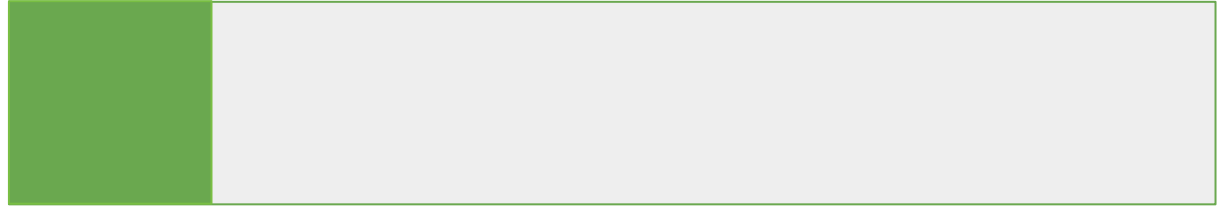
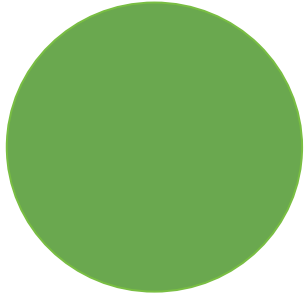


# Emotions by Color



# Label Your Day

Type of Day	What I can do

# Emotions Journal (Track & Rank)

Activity	Benefit

# Stress Management

Stressor	Decision	Action