

DAILY JOURNAL GUIDE

DAY AND DATE : _____

TODAY I'M GRATEFUL FOR :		

THINGS I CAN CHANGE TODAY :		

THINGS I CAN'T CHANGET TODAY :		

TODAY, THE LABELS OF MY EMOTIONS ARE :		

TODAY'S JOURNAL :		

EMOTION LIST

Abandoned	Clamitous	Distracted	Goofy
Acceptance	Calm	Distressed	Grateful
Adoration	Camaraderie	Dopey	Gratified
Affection	Cautious	Down	Greedy
Aggravated	Cheerful	Dreadful	Grey
Agitated	Cocky	Dreary	Grouchy
Aggressive	Cold		Grudging
Alert	Collected	Eager	Guilty
Amazed	Comfortable	Ecstatic	
Ambitious	Compassionate	Embarrassed	Happy
Amused	Concerned	Emotional	Hate
Anger	Confident	Empathic	Heartbroken
Animosity	Confused	Emptiness	Homesick
Annoyed	Contempt	Enchanted	Hopeful
Anticipation	Content	Enigmatic	Hopeless
Anxious	Courageous	Enlightened	Horrified
Appreciative	Cowardly	Enraged	Hostile
Apprehensive	Crafty	Enthralled	Humiliated
Ardent	Cranky	Enthusiastic	Humored
Aroused	Crazy	Envy	Hurt
Ashamed	Crummy	Euphoric	Hyper
Astonished	Crushed	Excited	Hysterical
Attraction	Curious	Exhausted	
Awed	Cynic	Expectation	Indignation
		Exuberance	Infatuation
Betrayed	Dark		Infuriated
Bewildered	Dejected	Fascinated	Innocent
Bitter	Delighted	Fear	Insanity
Bliss	Delirious	Flabbergasted	Insecure
Blue	Depressed	Foolish	Insecure
Boastful	Desire Despair	Frazzled	Inspired
Bored	Determined	Frustrated	Interest
Breathless	Devastated	Fulfillment	Intimidated
Bubbly	Disappointed	Furious	Invidious
	Discouraged		Irate
	Disgust	Gay	Irritability
	Disheartened	Giddy	Irritated
	Dismal	Gleeful	
	Dispirited	Gloomy	

Jaded	Pacified	Sheepish	Warm
Jealousy	Pain	Shocked Shy	Weary
Joy	Panicky	Sincerity	Worn-out
Jubilant	Paranoid	Solemn	Worried
	Passion	Somber	Worthless
Kind	Pathetic	Sorrow	Wrathful
	Peaceful	Sorry	
Lazy	Perturbation	Spirited	Yearning
Liberated	Pessimistic	Stressed	
Lively	Petrified	Strong s	Zesty
Loathsome	Pity	Submissive	
Lonely	Playful	Superior	
Longing	Pleased	Surprised	
Love	Pleasure	Sweet	
Lovesick	Possessive	Sympathetic	
	Pride		
Loyal	Provoked		
Lust	Proud	Temperamental	
	Puzzled	Tense	
Mad		Terrified	
Mean	Rage	Threatened	
Melancholic	Regretful	Thrilled	
Mellow	Relief	Tired	
Mercy	Remorse	Tranquil	
Merry	Resentment	Troubled t	
Miserable	Resignation	Trust	
Morbid	Resolved	Tormented	
Mourning			
	Sadness	Uncertainty	
Needed	Satisfied	Uneasiness	
Needy	Scared	Unhappy	
Nervous	Scorn	Upset	
	Selfish		
Obscene	Sensual s	Vengeful	
Obsessed	Sensitive	Vicious	
Offended	Sexy		
Optimistic	Same		
Outraged			
Overwhelmed			