



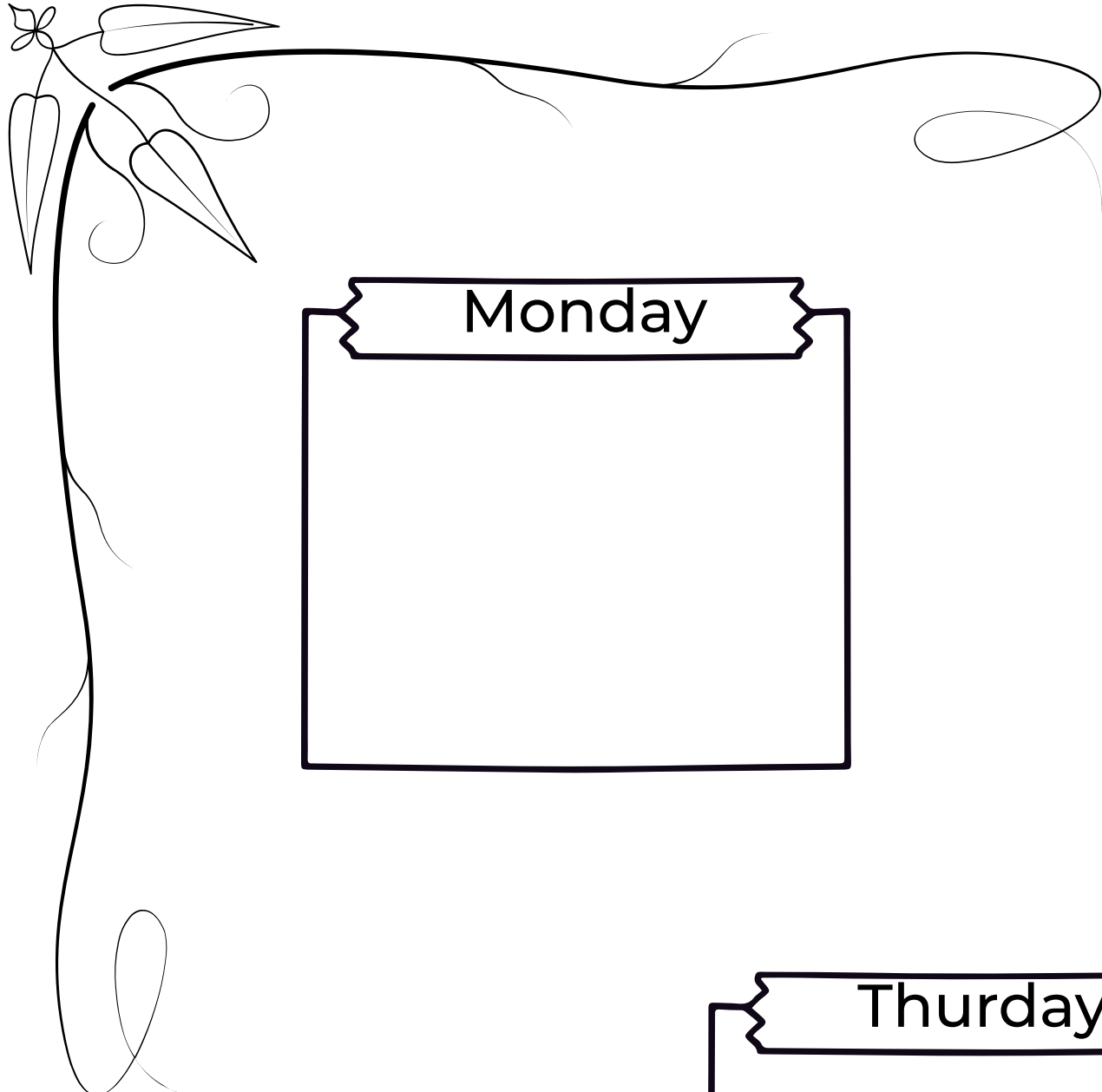
A week in color – Emotional Journal

WHAT COLOR HAS TODAY?

Instructions:

Think about your main feeling of the day.
Choose a color for it.
Now write one word.

Reflection of the week: Which color visited you more often?



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Legend:

(the color and the meaning of it in one word)

