

Pleasant Feelings Diary



Try to notice the pleasant emotions you feel each day and check them off under the column for that day. Try to check them off as soon as you notice them. Then rate your mood for the day from 1 to 10, with 1 being the least pleasant to 10 being the most pleasant feeling.

Feeling	S	M	T	W	Th	F	S
Accepted							
Brave							
Calm							
Confident							
Eager							
Enthusiastic							
Excited							
Flexible							
Free							
Funny							
Glad							
Happy							
Hopeful							
Joyful							
Loving							
Needed							
Optimistic							
Peaceful							
Playful							
Relieved							
Silly							
Smart							
Strong							
Tough							
Wonderful							