

HOURLY FEELINGS CHART

Complete this chart each hour of the day to track your feelings at each time. Are there any patterns?



Time:	Feeling:	Reason/Notes:
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		

List of Feelings: Use from this list...or come up with your own!

Calm	Irate	Excited	Afraid	Tired	Loved	Worthless	Content
Bothered	Grumpy	Disappointed	Disgusted	Restless	Pleased	Elated	Tearful
Irritated	Jealous	Relieved	Lazy	Silly	Embarrassed	Surprised	Sad
Frustrated	Nervous	Confused	Relaxed	Sick	Ashamed	Happy	Depressed
Angry	Hopeful	Worried	Bored	Proud	Lonely	Hyper	Overwhelmed
Indifferent	Determined	Blah!	Drained	Frantic	Hurt	Joyful	Discouraged