Plan

Date including which day of the week:_____

Time connectives you will use:_____

What happened?

_____
_____
_____
_____
_____
_____

How did you feel? (describe your emotions):_____
_____
_____
_____

Did you feel the same way all day?_____

When did your feelings change and what made you change the way you felt?

_____
_____
_____
_____

If this were to happen again what would you do differently?

_____
_____
_____
_____

What did you learn from today's experience?

_____
_____
_____