

Date	What did you do today?
What did you think today?	
What did you feel today?	
What were the occurrences that affected how you felt?	
What were the occurrences that affected how you thought?	

Date	What did you do today?
What did you think today?	
What did you feel today?	
What were the occurrences that affected how you felt?	
What were the occurrences that affected how you thought?	