

Pick one week and record all of the times you felt strong on the cards below.
Print as many as you think you'll need!

I Loved It

I felt strong when...

I Loved It

I felt strong when...

I Loved It

I felt strong when...

I Loved It

I felt strong when...



Pick one week and record all of the times you felt weak on the cards below.
Print as many as you think you'll need!

I Loathed It

I felt weak (drained, bored) when...

I Loathed It

I felt weak (drained, bored) when...

I Loathed It

I felt weak (drained, bored) when...

I Loathed It

I felt weak (drained, bored) when...