

This journal was produced as a side-fold booklet.

- Print on 8.5 x 11 paper (landscape)
- Print on both sides (flip on short edge)
- Arrange and fold based on the page numbers

To learn more about the  
Cheerful Gear **Cards for Good** Emotional Health Flashcards

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This week I was able to:

BEHAVIORS: Every Day

Get Plenty of Sleep

Cards for Good  
© Cheerful Gear

BEHAVIORS: Every Day

Eat Healthy Food

Cards for Good  
© Cheerful Gear

BEHAVIORS: Every Day

Exercise

Cards for Good  
© Cheerful Gear

BEHAVIORS: Every Day

Limit Screen Time

Cards for Good  
© Cheerful Gear

ACTIVITIES: On Demand

Perform an Act of Kindness

Cards for Good  
© Cheerful Gear

ACTIVITIES: On Demand

Encourage Someone Else

Cards for Good  
© Cheerful Gear

ACTIVITIES: On Demand

Get Active Outdoors

Cards for Good  
© Cheerful Gear

ACTIVITIES: On Demand

Do Something Creative

Cards for Good  
© Cheerful Gear

ACTIVITIES: On Demand

Spend Time with a Friend or Loved One

Cards for Good  
© Cheerful Gear

ACTIVITIES: On Demand

Complete a Simple Project or Task

Cards for Good  
© Cheerful Gear

ACTIVITIES: On Demand

Engage in a Favorite Activity

Cards for Good  
© Cheerful Gear

ACTIVITIES: On Demand

Appreciate the Moment Right Now

Cards for Good  
© Cheerful Gear

Next week I want to:

EMOTIONS: Happy

What Can You Repeat to Have These Feelings Again?

Cards for Good  
© Cheerful Gear

Day 7 \_\_\_\_ / \_\_\_\_ / \_\_\_\_

I am grateful today because:

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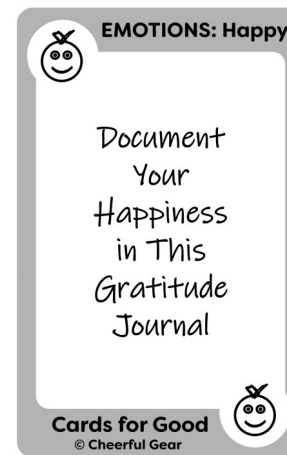
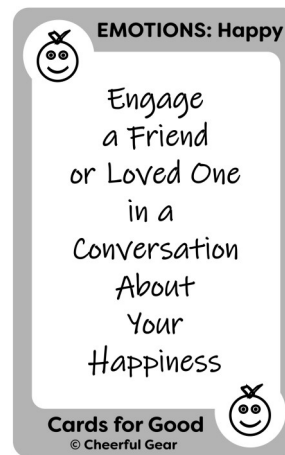
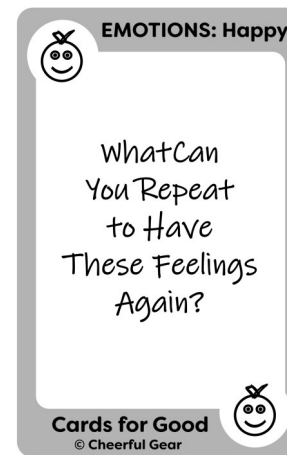
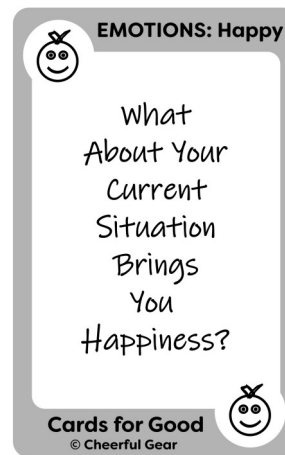
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Some little things that made me smile this week:



I want to thank these people for helping me this week:



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This journal belongs to:

Day 1 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 2 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 3 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 4 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 5 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 6 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 1 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 2 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 3 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 4 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 5 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 6 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 7 \_\_\_\_ / \_\_\_\_ / \_\_\_\_

I am grateful today because:

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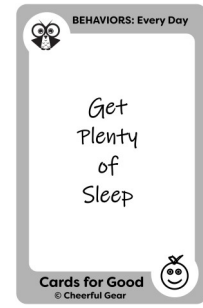


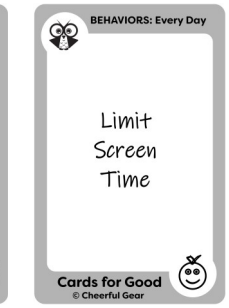
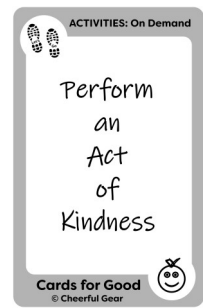
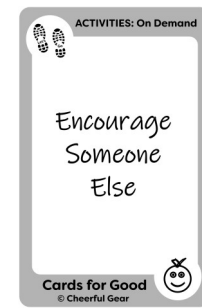



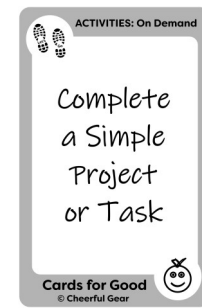


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Some little things that made me smile this week:

			
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I want to thank these people for helping me this week:

This week I was able to:

 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

Next week I want to:



Day 7 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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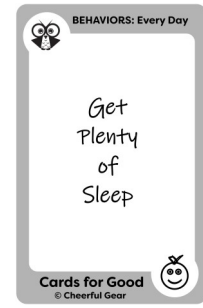

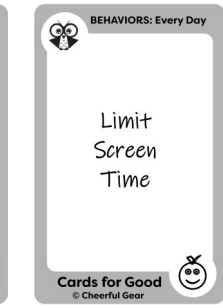
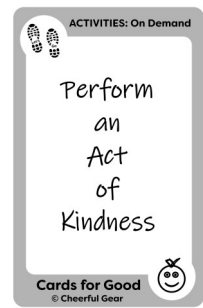
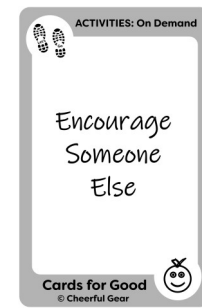



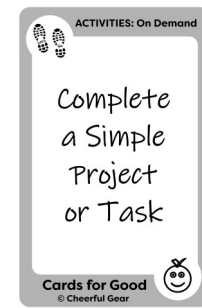


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Some little things that made me smile this week:

			
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This week I was able to:

 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

Next week I want to:



Day 1 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 2 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 3 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 4 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 5 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 6 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 1 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 2 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 3 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 4 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 5 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 6 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 7 \_\_\_\_ / \_\_\_\_ / \_\_\_\_

I am grateful today because:

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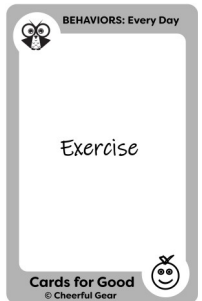
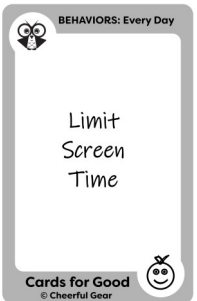








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Some little things that made me smile this week:

 <p>RELATIONSHIPS: Happy You Really Helped Me Cards for Good © Cheerful Gear</p>	 <p>RELATIONSHIPS: Happy You Did a Great Job Cards for Good © Cheerful Gear</p>	 <p>RELATIONSHIPS: Happy I Appreciate You Cards for Good © Cheerful Gear</p>	 <p>RELATIONSHIPS: Happy Thank You Cards for Good © Cheerful Gear</p>
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I want to thank these people for helping me this week:

This week I was able to:

 <p>BEHAVIORS: Every Day Get Plenty of Sleep Cards for Good © Cheerful Gear</p> <input type="checkbox"/>	 <p>BEHAVIORS: Every Day Eat Healthy Food Cards for Good © Cheerful Gear</p> <input type="checkbox"/>	 <p>BEHAVIORS: Every Day Exercise Cards for Good © Cheerful Gear</p> <input type="checkbox"/>	 <p>BEHAVIORS: Every Day Limit Screen Time Cards for Good © Cheerful Gear</p> <input type="checkbox"/>
 <p>ACTIVITIES: On Demand Perform an Act of Kindness Cards for Good © Cheerful Gear</p> <input type="checkbox"/>	 <p>ACTIVITIES: On Demand Encourage Someone Else Cards for Good © Cheerful Gear</p> <input type="checkbox"/>	 <p>ACTIVITIES: On Demand Get Active Outdoors Cards for Good © Cheerful Gear</p> <input type="checkbox"/>	 <p>ACTIVITIES: On Demand Do Something Creative Cards for Good © Cheerful Gear</p> <input type="checkbox"/>
 <p>ACTIVITIES: On Demand Spend Time with a Friend or Loved One Cards for Good © Cheerful Gear</p> <input type="checkbox"/>	 <p>ACTIVITIES: On Demand Complete a Simple Project or Task Cards for Good © Cheerful Gear</p> <input type="checkbox"/>	 <p>ACTIVITIES: On Demand Engage in a Favorite Activity Cards for Good © Cheerful Gear</p> <input type="checkbox"/>	 <p>ACTIVITIES: On Demand Appreciate the Moment Right Now Cards for Good © Cheerful Gear</p> <input type="checkbox"/>

Next week I want to:



EMOTIONS: Happy  
What Can You Repeat to Have These Feelings Again?  
Cards for Good © Cheerful Gear

Day 7 \_\_\_\_ / \_\_\_\_ / \_\_\_\_

I am grateful today because:

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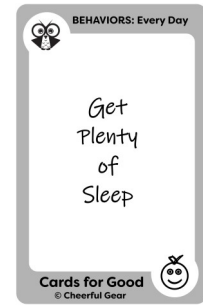


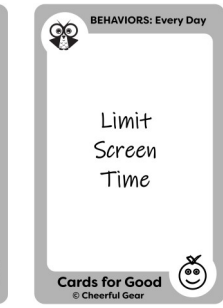
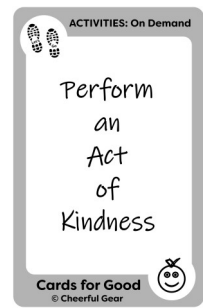
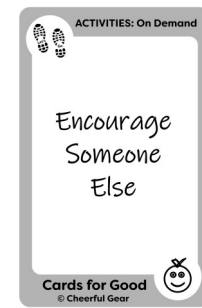



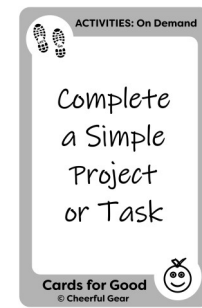


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This week I was able to:

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 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

Next week I want to:



Day 1 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 2 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 3 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 4 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 5 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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Day 6 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful today because:

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