

# Weekly Agenda

## HOW MUCH FEELING IS NOT TOO MUCH FEELING?

WHICH EMOTIONS DID I IGNORE TO NOT LET THEM HARM MY MENTAL PEACE?

M:

T:

W:

T:

F:

S:

S:

WHICH EMOTIONS DID I ALLOWED MYSELF TO FEEL AND THEN LET GO?

M:

T:

W:

T:

F:

S:

S:

WHICH EMOTIONS DID I EMBRACE?

M:

T:

W:

T:

F:

S:

S: