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Positive Feelings Chart

(Happy, Proud, Excited, Relaxed, Satisfied, Glad, Cheerful, Comfortable, Confident, Assertive)

Date	Situation	How I Feel	Feeling Intensity (1 = little, 10 = a lot)	Comments
4/10/2010	I got an 'A' on my math test	Proud	8	My hard work paid off