

Today I Feel...

Circle One

Happy Sad Angry Nervous

Excited Tired Worried Focused

Confused Joyful Disappointed

Confident Upset. Exhausted.

I Need You To...

Circle One

Give me a Hug Give me Space Take the Kids.

Listen to Me. Make a Decision Encourage Me.

Have Sex. Tell the Truth. Clean the House.

Cook Dinner Talk to Me. Wine and Dine Me