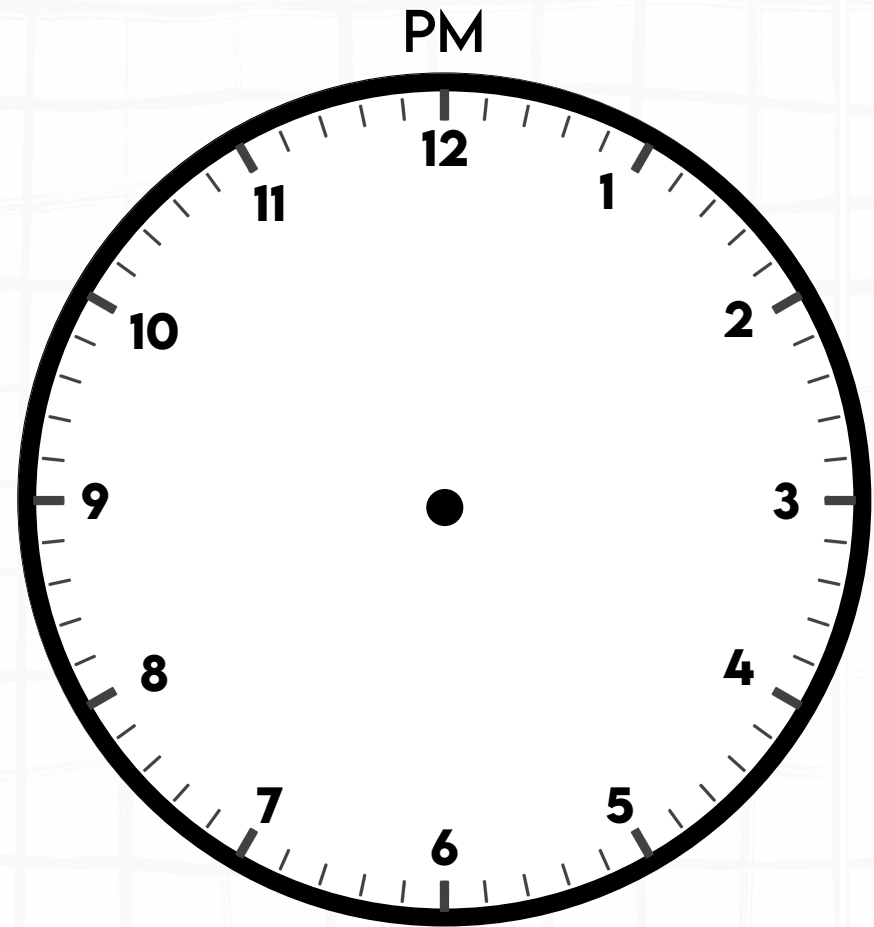
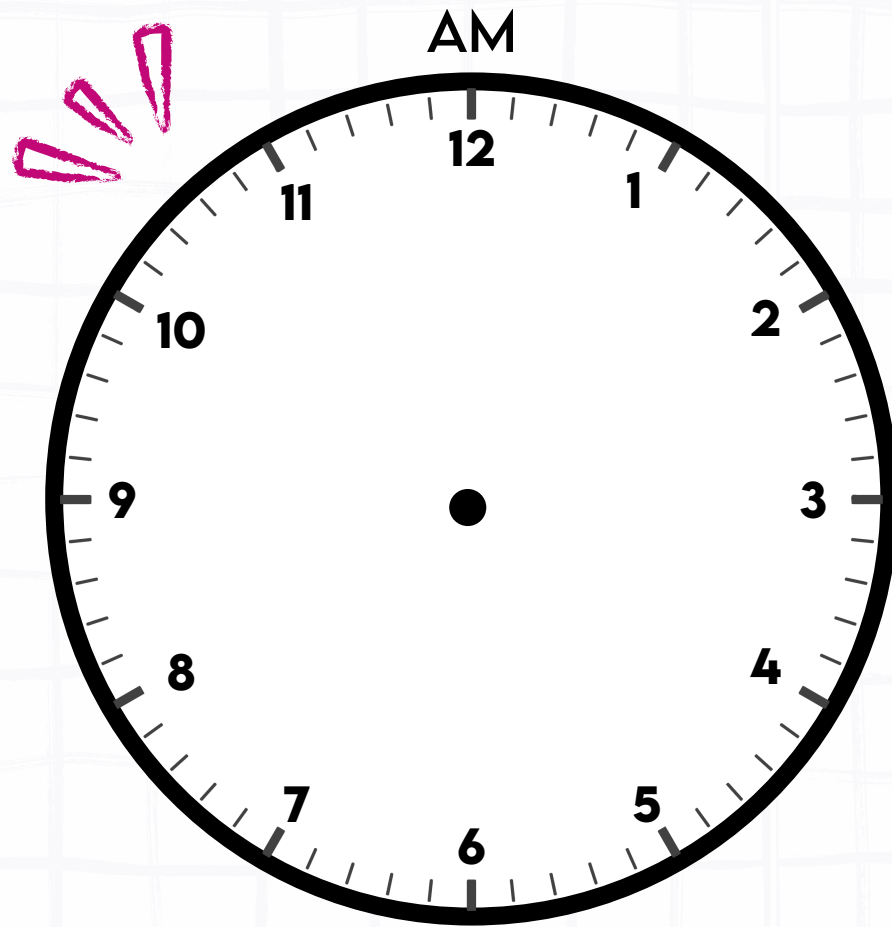


THE 24 HOUR CLOCK



(*~ ~ ~)
good!

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pretty neutral

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not great!

THE 24 HOUR CLOCK

INSTRUCTIONS:

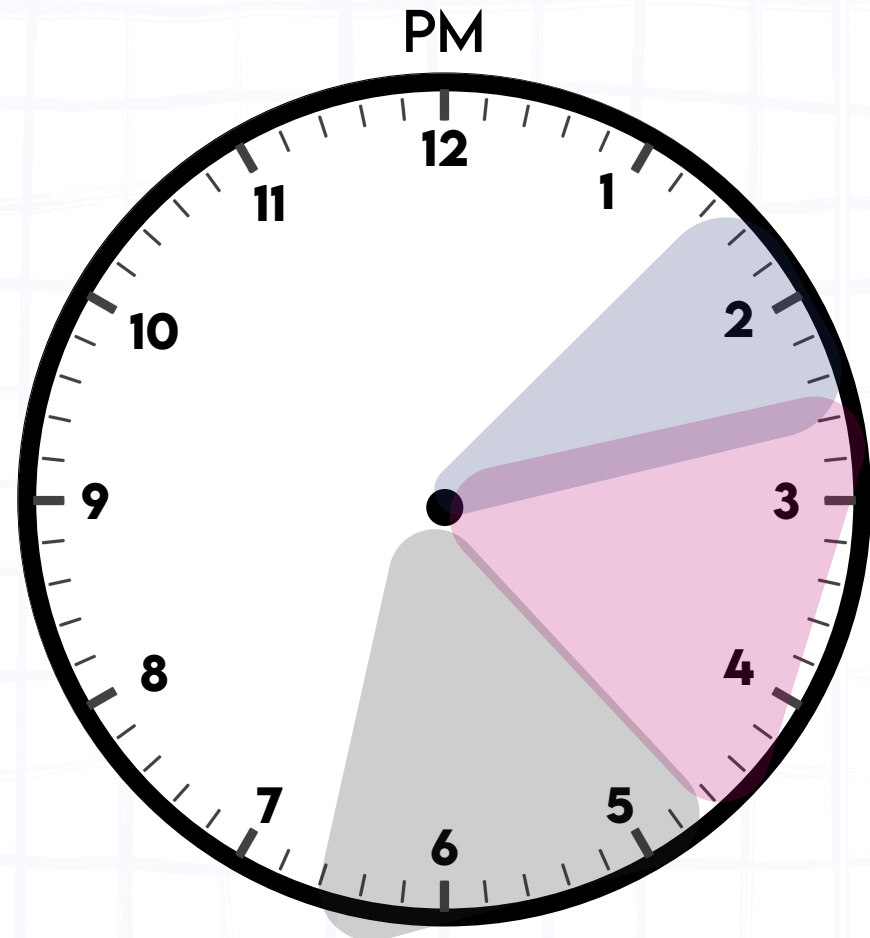
Choose a color for each category below.

Walk through each hour of your day, starting at 12am.

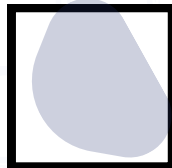
Then, color in the block of time for each mood in a pizza slice style (see example)

Can be used to look at one specific day, your “average” day, or your ideal day!

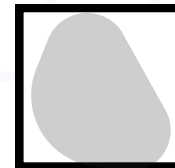
Debrief with someone you trust!



o((>ω<))o
good!



- _ (° 3 °) _ / -
pretty neutral



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not great!