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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Date:  8 AM:  10 AM:  12 PM:  2 PM:  4 PM: | Date:  8 AM:  10 AM:  12 PM:  2 PM:  4 PM: | Date:  8 AM:  10 AM:  12 PM:  2 PM:  4 PM: | Date:  8 AM:  10 AM:  12 PM:  2 PM:  4 PM: | Date:  8 AM:  10 AM:  12 PM:  2 PM:  4 PM: | Date:  8 AM:  10 AM:  12 PM:  2 PM:  4 PM: | Date:  8 AM:  10 AM:  12 PM:  2 PM:  4 PM: |
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Instructions: Use this calendar as a way to bring awareness to your feelings at work. Aim for a couple check-ins over the course of a day, and simply note whether you are Happy, Sad, Scared, or Angry. You may feel multiple emotions at once. Each week, and at month’s end, look for trends in how your emotions vary throughout the day and evaluate whether those variations offer any insights.