

Self-System Journal 11.10.16

My name is _____ I am _____ years old
I live at _____

SAVED

11.10.16

DATE	TIME	ACTIVITY	FEELINGS	THOUGHTS	BEHAVIOUR
11.10.16	10.00	Woke up	Happy	Good morning	Got up
11.10.16	10.30	Brushed teeth	Happy	Good morning	Brushed teeth
11.10.16	11.00	Washed face	Happy	Good morning	Washed face
11.10.16	11.30	Dressed	Happy	Good morning	Dressed
11.10.16	12.00	Ate breakfast	Happy	Good morning	Ate breakfast
11.10.16	12.30	Went to school	Happy	Good morning	Went to school
11.10.16	13.00	Played games	Happy	Good morning	Played games
11.10.16	13.30	Had lunch	Happy	Good morning	Had lunch
11.10.16	14.00	Went to school	Happy	Good morning	Went to school
11.10.16	14.30	Played games	Happy	Good morning	Played games
11.10.16	15.00	Had lunch	Happy	Good morning	Had lunch
11.10.16	15.30	Went to school	Happy	Good morning	Went to school
11.10.16	16.00	Played games	Happy	Good morning	Played games
11.10.16	16.30	Had lunch	Happy	Good morning	Had lunch
11.10.16	17.00	Went to school	Happy	Good morning	Went to school
11.10.16	17.30	Played games	Happy	Good morning	Played games
11.10.16	18.00	Had lunch	Happy	Good morning	Had lunch
11.10.16	18.30	Went to school	Happy	Good morning	Went to school
11.10.16	19.00	Played games	Happy	Good morning	Played games
11.10.16	19.30	Had lunch	Happy	Good morning	Had lunch
11.10.16	20.00	Went to school	Happy	Good morning	Went to school
11.10.16	20.30	Played games	Happy	Good morning	Played games
11.10.16	21.00	Had lunch	Happy	Good morning	Had lunch
11.10.16	21.30	Went to school	Happy	Good morning	Went to school
11.10.16	22.00	Played games	Happy	Good morning	Played games
11.10.16	22.30	Had lunch	Happy	Good morning	Had lunch
11.10.16	23.00	Went to school	Happy	Good morning	Went to school
11.10.16	23.30	Played games	Happy	Good morning	Played games
11.10.16	24.00	Had lunch	Happy	Good morning	Had lunch

Sanyo 26tw72r Air Conditioners Owners Manual

Michal Rosen-Zvi



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