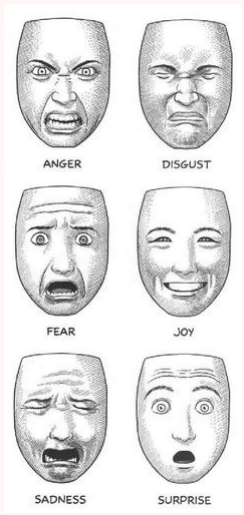
DAILY MOOD TRACKER

BY ROSE-MINDED.COM



5 THINGS I'M GRATEFUL FOR

1.
2.
3.
4.
5.

How well did I eat today (circle one)?

1 2 3 4 5

My sleep last night was (circle one):

great good okay eh bad

Approx. hours: _____

Approx. cups of water today: _____

General well-being (fill in one):

Choose the feelings that relate to you from the emotion chart and write them in a list:

Fill in your emotion appropriately:

When I woke up I felt:

During the day I felt:

Before I went to bed I felt:

STRESSORS:

Something that was on my mind today:

(Circle one)

My self-care today was: great good okay eh bad

I love & appreciate myself this much today: 1 2 3 4 5

Look at the following emotional expressions and sketch the one that best fits your answer to the following statements:

Today my thoughts made me feel:
Today my behaviors made me feel:
Today others made me feel:
Today I think I made others feel:
Tomorrow I want to feel:

What did I do to take care of myself today?

What I want to do to take care of myself tomorrow: