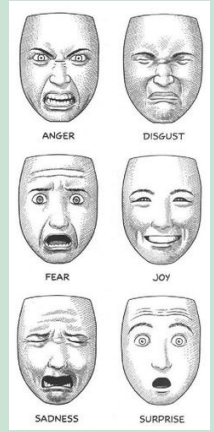


DAILY MOOD TRACKER

BY ROSE-MINDED.COM



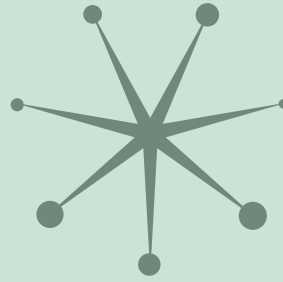
THINGS I'M GRATEFUL FOR

- 1.
- 2.
- 3.
- 4.
- 5.

MY SLEEP LAST NIGHT WAS (CIRCLE ONE):

great good okay eh bad

APPROX. HOURS: _____



HOW WELL DID I EAT TODAY (CIRCLE ONE)?

- 1 2 3 4 5

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:

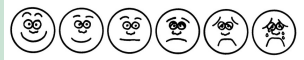
When I WOKE UP I FELT:



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:
