

Daily Mood Tracker



BY ROSE-MINDED.COM



- 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:

STRESSORS:

WHEN I WOKE UP I FELT:



DURING THE DAY I FELT:



BEFORE I WENT TO BED I FELT:



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:

