



MOOD TRACKER



Track your mood. Color your day.
Small steps every day lead to big growth! ♥

DAILY PROGRESS

MOOD SCALE



5 - EXCELLENT
Amazing, joyful,
feeling on top of
the world!



4 - GOOD
Happy, positive,
things are
going well.



3 - OKAY
Neutral, calm,
just an
average day.



2 - TOUGH
Stressed, worried,
things feel
challenging.



1 - HARD
Sad, overwhelmed,
need extra
support.

♥ There are no wrong feelings.
Be kind to yourself. ♥

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	NOTES FOR THE MONTH: _____ _____ _____			

Every day
is a new
chance to
choose
peace.

♥ REFLECT • GROW • THRIVE ♥

- ♥ What made you happy this month? _____
- ♥ What was challenging? _____
- ♥ What can you do to take care of yourself? _____
- ♥ What are you looking forward to? _____
- ♥ One thing I'm proud of this month: _____

YOU ARE
DOING
BETTER THAN
YOU THINK.

