



# MONTHLY MOOD TRACKER

MONITOR YOUR MOODS. LEVEL UP YOUR MIND.



KALEIDOSCOPE COUNSELING, PLLC

FINDING BEAUTY IN THE FRAGMENTS OF LIFE



**YOU**

LEVEL: GROWING

XP:

FOCUS: IN PROGRESS

MONTH: \_\_\_\_\_



GOAL FOR THIS MONTH: \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
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 				

## MOOD LEGEND



**AWESOME**  
I felt amazing!  
High energy, positive, happy



**GOOD**  
I felt good.  
Content, calm, things went well



**OKAY**  
I felt okay.  
Average day, neither good nor bad



**TOUGH**  
I struggled some.  
Stressed, overwhelmed, not great



**HARD**  
I had a really hard time.  
Sad, angry, anxious



**EXHAUSTED**  
I felt drained.  
Mentally or physically exhausted

## NOTES & REFLECTIONS

What patterns do you notice?  
What helped you this month?  
What can you do more of?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



EVERY DAY IS A NEW QUEST.  
YOU ARE DOING BETTER THAN YOU THINK.

