

DREAM BIG

Mood Tracker

Track your mood each day!

MOOD KEY

-  **AMAZING**
Feeling on top of the world!
-  **GOOD**
A good day!
-  **OKAY**
Just an okay day.
-  **HARD**
A challenging day.
-  **TOUGH**
A really hard day.
-  **SELF CARE DAY**
Focus on me.

You are stronger than you think.

Some days are just tougher... But every day is a new opportunity to grow.

It's okay to not be okay. Be kind to yourself.

NOTES & REFLECTIONS:

→ ♥ Breathe. Believe. Let go. And see what happens. ♥ ←