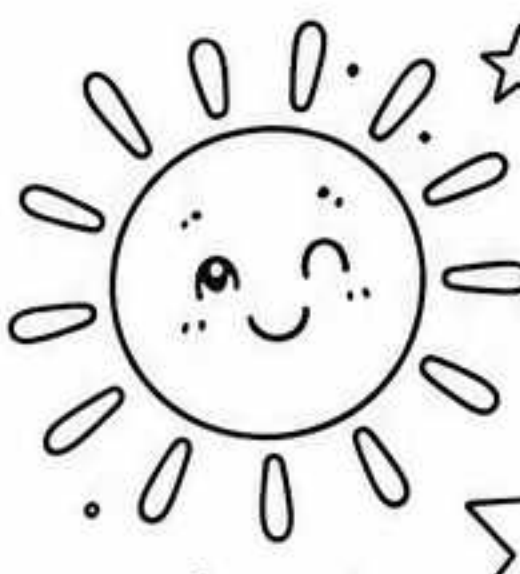




MOOD TRACKER



Track your mood. Color your day. Celebrate YOU! ♥

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. ♥

DAILY PROGRESS

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: _____ _____ _____			



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?

YOU ARE STRONG.
YOU ARE ENOUGH.
YOU MATTER.

