

DAILY MOOD TRACKER

BY ROSE-MINDED.COM

5 THINGS I'M GRATEFUL FOR

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):

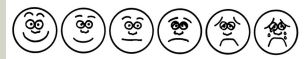
Choose the feelings that relate to you from the emotion chart and write them in a list:

Fill in your emotion appropriately:

When I woke up I felt:



During the day I felt:



Before I went to bed I felt:



STRESSORS:

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:
