

Daily Mood Log

Name:

Today's Date:

Overall Mood

- Excellent
- Good
- Neutral
- Bad
- Terrible

Morning Mood:

- Happy
- Content
- Anxious
- Sad
- Angry
- Tired
- Other (specify):_____

Afternoon Mood:

- Happy
- Content
- Anxious
- Sad
- Angry
- Tired
- Other (specify):_____

Evening Mood:

- Happy
- Content
- Anxious
- Sad
- Angry
- Tired
- Other (specify): _____

Key Events/Activities Today:

- Work
- School
- Exercise
- Socializing
- Family Time
- Hobbies
- Self-care
- Other (specify): _____

Notes/Comments

Gratitude List

Tomorrow's goals