

# 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**