

Mood Tracker Bullet Journal

Name

Month:

Date/s:

Mood scale

Use a scale from 1 to 5 (or any scale you prefer) to rate your mood for the day.

- 1 = Terrible
- 2 = Bad
- 3 = Okay
- 4 = Good
- 5 = Excellent

Emotions: List the primary emotions you felt during the day. (e.g., happy, sad, anxious, angry, excited, calm, etc.)

Activities: Record any significant activities or events that may have influenced your mood.

Notes: Write down any additional thoughts or notes about your day, including factors that may have affected your mood.

Gratitude: Identify at least one thing you're grateful for.

Self-Care: Describe any self-care activities you engaged in today (e.g., meditation, exercise, journaling, etc.).

Goals: List any goals or intentions you have for tomorrow or the near future.

Overall Reflection: Rate your overall day on a scale from 1 to 5 (1 being a very bad day, 5 being an excellent day).

Monthly summary

Average Mood: Calculate the average mood rating for the month.

Emotional Patterns: Note any recurring emotions or trends you observed throughout the month.

Self-Care Trends: Identify self-care activities that seemed to positively impact your mood.

Achievements: Highlight any goals you accomplished during the month.

Challenges: Note any challenges or obstacles you faced during the month.

Additional notes