

# 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**