

Tracking your Moods

Reflect (record in pencil if possible) on how your day went today

Date / Time

1. Notice your mood as soon as you awaken each day. What expectation of the day ahead or remnant of time past triggered this mood? Write down your responses to these questions each day. (use the ten-penny program if you like)

2. Throughout your day keep noticing the mood you are in and keep observing what triggers the mood.

3. At the end of each day, write down the moods you observed and the triggers you noticed.

4. What patterns do you see? Which moods are more persistent? Which triggers are most common?

