

Mood Tracker

This Book Belongs To

What Is a Mood Tracker?

A mood tracker is a tool that is used to keep a record of a person's mood at regular intervals.

The purpose of this type of tool is to help look for patterns in how moods vary over time and due to different situations and circumstances.

Why it's important?

Mood tracking can be useful for a number of different reasons, for example :

- Identify external and internal triggers that cause mood changes or mood swings.*
- Learn more about how factors such as sleep, diet, and daily activities affect your moods.*
- Develop coping techniques to help deal with negative moods and unwanted behaviors.*

Tips for Tracking Your Moods

Here is some things that you can do to make this tracking journal more effective:

Set Notifications

As you start following the motions of your day, it's easy to resort to your normal behaviors and forget to track your emotions. Set alarms to alert you when it's time to reflect, this reminder can make a difference in your mood tracking success.

Track the Full Spectrum of Emotions

Don't just track how you're feeling when something goes wrong or you're feeling negative emotions. Make sure to note times you're feeling excited or at peace. Identifying the things that make you happy can help you choose healthy coping methods.

Take Time to Reflect and Write

Try to go a little bit deeper than just tracking how you're feeling. If you can, take the time to write a couple of sentences about your mood, triggers, and reactions. This can provide valuable insight into your mental health and makes mood tracking a more meaningful and therapeutic activity.

Be honest

While it may be tempting to gloss over negative feelings and only record the positive ones, it is important to be as candid as possible.

*Love
Your
Self*

A decorative border of small, light purple and white flowers with green leaves, scattered around the text.

Mood


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Date: _____ M T W T F S S
Sleeping Hours: _____
Energy Level: _____

3 Things I am grateful for today

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3 Goals for today

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Breakfast	Lunch	Activities
Dinner	Snacks	

Thoughts & Reflections / Free Space

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