By keeping a regular track of your mood over a period of time, you can reflect on situations and habits that are impacting your mood either in a positive or negative way.

This can be a really useful and eye-opening technique, because it helps us pick up on unconscious negative habits that go under the radar, but still affect us deeply.

This technique can also identify where any unhealthy thoughts might be coming, and thereafter look at how to make subtle little changes to improve your daily mood.

Give it a try:

Use the following pages to record your mood on a particular day. Circle the face that best descibes your mood on that day, or you can put a mark anwhere on the scale.

To help you with your journalling, here are some words that can be used to describe positive and negative emotions and moods.
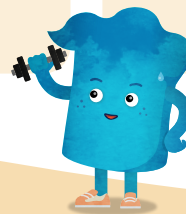
Feeling good or great

Engaged · Inspired
Confident · Optimistic
Peaceful · Liberated
Hopeful · Happy · Amused
Excited · Fulfilled · Joyful
Accepted · Interested

Feeling bad or awful

Ashamed · Discouraged
Sad · Worried · Vulnerable
Anger · Overwhelmed
Insecure · Annoyed
Rejected · Afraid · Gloomy
Stressed · Irritated
Distant · Dissapointed
Guilty · Lonely

Feeling okay or 'meh'

Indifferent
Uninterested · Fine
Okay · Blaise · So-so
Bored · Tired
Confused · Content

Mood Journal

Date:

How did you feel on this day?

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How did you feel on this day?

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