

Mood Journal

Remember you can fill this journal in however you like. You may want to write in sentences or bullet points. You might just want to rate how you feel on a scale of 1-10, you could draw smiley faces to show how you felt, or use a traffic light system. Please feel free to use colour, stickers, or black and white. Some people find it helpful to try out a few different ways of journaling to work out what style is most helpful. If you want to do this on an app or on your phone calendar that's ok too.



1 2 3 4 5 6 7 8 9 10

Monday
Tuesday
Wednesday
Thursday
Friday

