



Monthly Mood Tracker and

Color one square a day to see your month at a glance, then reflect on the patterns.

— MONTHLY MOOD TRACKER —

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Happy

Calm

Grateful

Hopeful

Tired

Anxious

Sad

Angry

NOTES



Mood Reflections

What lifted your mood most this month?

Which day was hardest, and what helped?

What pattern do you notice in your moods?

One small thing to try next month:
