

Monthly Mood Tracker

Notice your patterns — gently and without judgement

“You don’t need to fix every feeling. Sometimes just noticing is enough.”

Use this tracker to record your overall mood each day. Over time, patterns may emerge — helping you understand what helps, what depletes, and when you might need extra support.

MOOD KEY — CHOOSE YOUR OWN SCALE OR USE THIS ONE

☐ ★★★★★ Thriving ☐ ★★★★ Good ☐ ★★★ Okay. ☐ ★★ Low ☐ ★ Struggling

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

MONTHLY REFLECTION

What patterns did I notice?

What helped most this month?

What do I want to do differently?