Mood Journal

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A 30-Day Guided Journal

Hybrid

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

1 Set aside a few minutes each day to write

2 Be honest and write freely without judgment

3 Try to write at the same time each day to build a habit

4 Review your entries weekly to notice patterns

- Rate your mood, energy, anxiety, stress, and sleep quality in the tracker section each day
- In the writing section, name the specific emotions you experienced today
- Describe what triggered your emotional shifts — events, people, thoughts, or environments
- Note what coping strategies you used and how effective they were
- Write one thing you are grateful for, even on difficult days
- Finish with a mood insight — a pattern, lesson, or observation about your emotional life
- Review your entries weekly to spot trends and adjust your coping strategies

Scan for a detailed guide on how to use this journal

Date: _____

Mood (1-10): ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Energy level (1-10): ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

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Sleep quality (1-10): ① ② ③ ④ ⑤

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Triggers *(what caused these feelings? events, people, thoughts)*

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Anxiety level (1-10): ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Stress level (1-10): ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Sleep quality (1-10): ① ② ③ ④ ⑤

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Emotions I felt today *(name the emotions — anger, joy, sadness, peace...)*

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Triggers *(what caused these feelings? events, people, thoughts)*

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Coping strategies *(what did you do to cope? deep breathing, walking, talking...)*

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One thing I'm grateful for *(one specific thing — a person, event, or small detail that brought light to yo...)*

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Date: _____

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Stress level (1-10):   ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

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