

## Daily Mood Log

### DAILY MOOD LOG

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_ dd / mm / yyyy

#### Overall Mood

- ☐ Excellent  
☐ Good  
☐ Neutral  
☐ Bad  
☐ Terrible

#### Morning Mood

- ☐ Happy  
☐ Content  
☐ Anxious  
☐ Sad  
☐ Angry  
☐ Tired  
☐ Other

Other specify: \_\_\_\_\_

#### Afternoon Mood

- ☐ Happy  
☐ Content  
☐ Anxious  
☐ Sad  
☐ Angry  
☐ Tired  
☐ Other

Other specify: \_\_\_\_\_

#### Evening Mood

- ☐ Happy  
☐ Content  
☐ Anxious  
☐ Sad  
☐ Angry  
☐ Tired  
☐ Other

Other specify: \_\_\_\_\_

### Key Events/Activities Today

- ☐ Work
- ☐ School
- ☐ Exercise
- ☐ Socializing
- ☐ Family Time
- ☐ Hobbies
- ☐ Self-care
- ☐ Other

Other specify: \_\_\_\_\_

### Notes/Comments

### Gratitude List

### Tomorrow's goals