

Mood Tracker Bullet Journal

MOOD TRACKER BULLET JOURNAL

Name: _____ Month: _____

Date/s: _____ dd / mm / yyyy

Mood scale - Use a scale from 1 to 5 (or any scale you prefer) to rate your mood for the day.

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1
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3
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5

Emotions - List the primary emotions you felt during the day. (e.g., happy, sad, anxious, angry, excited, calm, etc.).

Activities - Record any significant activities or events that may have influenced your mood.

Notes - Write down any additional thoughts or notes about your day, including factors that may have affected your mood.

Gratitude - Identify at least one thing you're grateful for.

Self-care - Describe any self-care activities you engaged in today (e.g., meditation, exercise, journaling, etc.).

Goals - List any goals or intentions you have for tomorrow or the near future.

Overall reaction - Rate your overall day on a scale from 1 to 5 (1 being a very bad day, 5 being an excellent day).

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Describe your day:

MONTHLY SUMMARY

Monthly summary - Average mood: Calculate the average mood rating for the month.

Emotional patterns: Note any recurring emotions or trends you observed throughout the month.

Self-care trends: Identify self-care activities that seemed to positively impact your mood.

Achievements: Highlight any goals you accomplished during the month.

Challenges: Note any challenges or obstacles you faced during the month.

Additional notes - Specify below: