

Title: *Weekly Mood Journal*

Date: _____ to _____

Monday

Mood Check-In:

How do I feel today? (Circle or mark one)

 Happy |  Calm |  Neutral |  Sad |  Angry |  Anxious | Other: _____

Mood Intensity: (Rate from 1 to 10)

1 - *Very low* | 5 - *Neutral* | 10 - *Very high*

Reflection Questions:

What event occurred today?	Where do I feel emotion in my body?	What thoughts am I thinking?	What belief is guiding my thoughts?	What coping skills can I practice to feel balanced?

Tuesday

Mood Check-In:

How do I feel today? (Circle or mark one)

 Happy |  Calm |  Neutral |  Sad |  Angry |  Anxious | Other: _____

Mood Intensity: (Rate from 1 to 10)

1 - *Very low* | 5 - *Neutral* | 10 - *Very high*

Reflection Questions:

What event occurred today?	Where do I feel emotion in my body?	What thoughts am I thinking?	What belief is guiding my thoughts?	What coping skills can I practice to feel balanced?

Wednesday

Mood Check-In:

How do I feel today? (Circle or mark one)

 Happy |  Calm |  Neutral |  Sad |  Angry |  Anxious | Other: _____

Mood Intensity: (Rate from 1 to 10)

1 - Very low | 5 - Neutral | 10 - Very high

Reflection Questions:

What event occurred today?	Where do I feel emotion in my body?	What thoughts am I thinking?	What belief is guiding my thoughts?	What coping skills can I practice to feel balanced?

Thursday

Mood Check-In:

How do I feel today? (Circle or mark one)

😊 Happy | 😌 Calm | 😐 Neutral | 😞 Sad | 😡 Angry | 😰 Anxious | Other: _____

Mood Intensity: (Rate from 1 to 10)

1 - *Very low* | 5 - *Neutral* | 10 - *Very high*

Reflection Questions:

What event occurred today?	Where do I feel emotion in my body?	What thoughts am I thinking?	What belief is guiding my thoughts?	What coping skills can I practice to feel balanced?

Friday

Mood Check-In:

How do I feel today? (Circle or mark one)

😊 Happy | 😌 Calm | 😐 Neutral | 😞 Sad | 😡 Angry | 😰 Anxious | Other: _____

Mood Intensity: (Rate from 1 to 10)

1 - *Very low* | 5 - *Neutral* | 10 - *Very high*

Reflection Questions:

What event occurred today?	Where do I feel emotion in my body?	What thoughts am I thinking?	What belief is guiding my thoughts?	What coping skills can I practice to feel balanced?

Saturday

Mood Check-In:

How do I feel today? (Circle or mark one)

😊 Happy | 😌 Calm | 😐 Neutral | 😞 Sad | 😡 Angry | 😰 Anxious | Other: _____

Mood Intensity: (Rate from 1 to 10)

1 - *Very low* | 5 - *Neutral* | 10 - *Very high*

Reflection Questions:

What event occurred today?	Where do I feel emotion in my body?	What thoughts am I thinking?	What belief is guiding my thoughts?	What coping skills can I practice to feel balanced?

Sunday

Mood Check-In:

How do I feel today? (Circle or mark one)

😊 Happy | 😌 Calm | 😐 Neutral | 😞 Sad | 😡 Angry | 😰 Anxious | Other: _____

Mood Intensity: (Rate from 1 to 10)

1 - *Very low* | 5 - *Neutral* | 10 - *Very high*

Reflection Questions:

What event occurred today?	Where do I feel emotion in my body?	What thoughts am I thinking?	What belief is guiding my thoughts?	What coping skills can I practice to feel balanced?