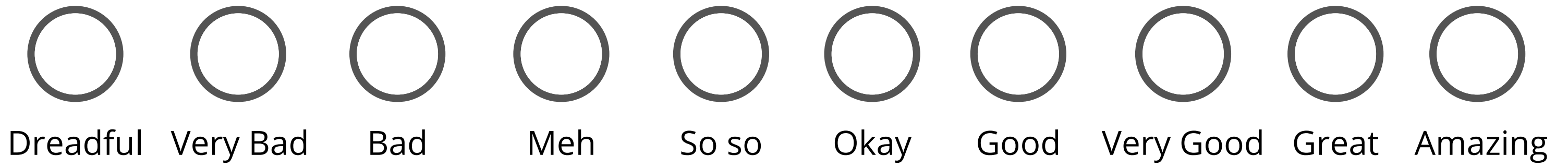


Monitoring Your Mood

Use the brick wall below to represent the month and colour each of the bricks a colour that you feel fits your overall mood that day.

To act as a reference, colour in the scale below choosing a different shade or colour to represent each mood.



	1	2	3	4	5	6	7		
8	9	10	11	12	13	14			
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31						

Use the space below to note any triggers, both positive and negative.

- +/-
- +/-
- +/-
- +/-
- +/-
- +/-
- +/-
- +/-