

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.



Dreadful

Very Bad

Bad

Meh

So so

Okay

Good

Very Good

Great

Amazing

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.

+/-

+/-

+/-

+/-

+/-

+/-

+/-

+/-