

moon

JOURNAL

PRESENTED BY CAREERSHODH



2024 EDITION

THIS BOOK BELONGS TO :



Daily Mood Tracker

Date / /

What happened to cause this emotion?

Did you express it, suppress it, or react in another way?

Would you handle it differently if given another chance?

Today's Feeling



Description/other

Did you notice changes in your body?

- 1.

- 2.

- 3.

Did this emotion make you feel energized or drained?

I am proud of myself for

- ★

- ★

- ★

- ★



MOOD BOARD

This week, commit to trying six new exercises to enhance your emotional self-regulation skills. For each exercise, reflect on what it is and how to perform it, your initial thoughts before starting, your experience during and after, any observations about your emotional state in the following hours, how you might incorporate it into your routine, and which exercise was most helpful and why.

DEEP BREATHING OR MINDFUL BREATHING

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PROGRESSIVE MUSCLE RELAXATION

GRATITUDE PRACTICE

MINDFUL WALKING

VISUAL IMAGERY



Daily Routine

Create a daily routine with five activities each for morning, afternoon, and evening that helps regulate your mood through gratitude, mindfulness, movement, reflection, and relaxation.

Morning

	MON	TUE	WED	THUR	FRI	SAT	SUN
Set a goal for the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spend 5 mins deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
List things I'm grateful for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cook & eat healthy breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do light stretching, yoga, or a short workout	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Afternoon

	MON	TUE	WED	THUR	FRI	SAT	SUN
Eating slowly and savor each bite	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pause to assess your emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a short walk or enjoy fresh air	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Connect with family & friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Repeat encouraging statements to yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Evening

	MON	TUE	WED	THUR	FRI	SAT	SUN
Unwind from work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up on hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write about the day's emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Engage in a calming activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Think about one positive moment from the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



DATE

/ /

Create a piece of art (drawing, painting, or collage) that represents your current emotional state. Use colors and shapes to express how you're feeling without relying on words.



Thanks for journaling with us! Remember, your journey doesn't stop here—keep writing, reflecting, and growing.

Want more tips, prompts, and inspiration? Follow us on social media and stay connected with our community!

Follow us on Instagram: @careershodh

**Visit our website for more resources:
www.careershodh.com or PsychUniverse.com**

We'd love to hear from you—tag us in your journaling journey and let's keep the conversation going!

