MOOD JOURNAL

PRESENTED BY CAREERSHODH





2024 EDITION

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THIS BOOK BELONGS TO :

Daily Mood Tracker

Today's Feeling



Description/other

Date

/ /

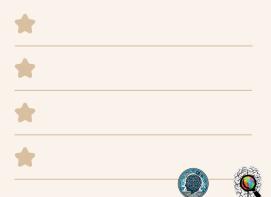
What happened to cause this emotion?

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

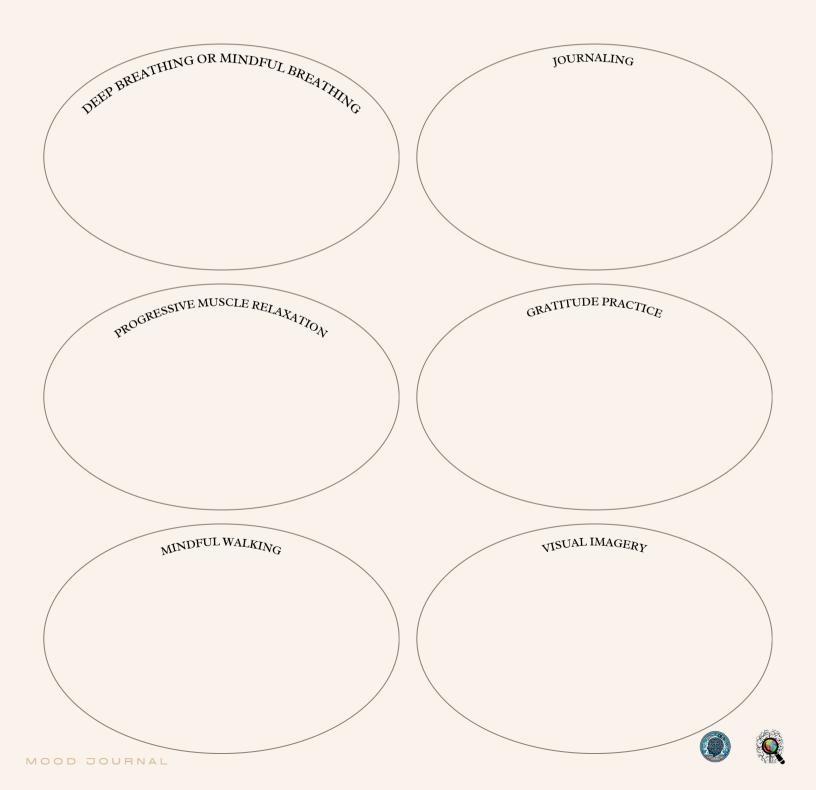


Did you express it, suppress it, or react in another way?

Would you handle it differently if given another chance?

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.



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.

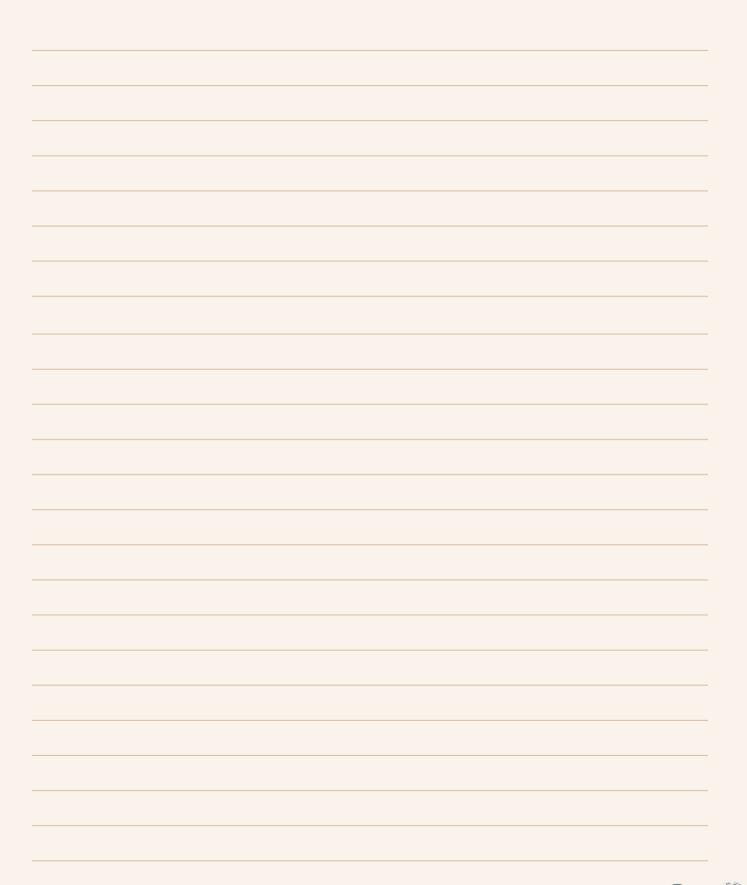
Morning	MON	TUE	WED	THUR	FRI	SAT	SUN
Set a goal for the day	\bigcirc						
Spend 5 mins deep breathing	\bigcirc						
List things I'm grateful for	\bigcirc						
Cook & eat healthy breakfast	\bigcirc						
Do light stretching, yoga, or a short workout	\bigcirc						
Afternoon	MON	TUE	WED	THUR	FRI	SAT	SUN
Eating slowly and savor each bite	\bigcirc						
Pause to assess your emotions		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Take a short walk or enjoy fresh air		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Connect with family & friends	\bigcirc						
Repeat encouraging statements to yourself		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Evening	MON	TUE	WED	THUR	FRI	SAT	SUN
Unwind from work	\bigcirc						
Catch up on hobbies	\bigcirc						
Write about the day's emotions	\bigcirc						
Engage in a calming activity		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Think about one positive moment from the day	\bigcirc						



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.



Take 10 minutes to reflect on a recent emotional experience. What triggered your feelings, how did you respond, and what could you do differently next time to regulate your emotions better?"





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!





