

## 2025 Yearly Mood Tracking Chart

the dion"

| 1                       | JAN | FEB | MAR | APR           | MAY | TTIN                     | TTTT |     | CDD          | 0.075 |          | DDC |  |
|-------------------------|-----|-----|-----|---------------|-----|--------------------------|------|-----|--------------|-------|----------|-----|--|
|                         |     |     |     |               |     | JUN                      | JUL  | AUG | SEP          | ОСТ   | NOV      | DEC |  |
| 0                       |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 2                       |     |     |     |               |     |                          |      |     |              |       |          |     | Instructions:                          |
| 3                       |     |     |     |               |     |                          |      |     |              |       |          |     | 1. Select a color,                     |
| 4                       |     |     |     |               |     |                          |      |     |              |       |          |     | or vibe, of the da                     |
| 5                       |     |     |     |               |     |                          |      |     |              |       |          |     |  |
|                         |     |     |     |               |     |                          |      |     |              |       |          |     | a Pata the day of                      |
| 6                       |     |     |     |               |     |                          |      |     |              |       |          |     | 2. Rate the day o<br>a scale from 1-10 |
|                         |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 8                       |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 9                       |     |     |     |               |     |                          |      |     |              |       |          |     | 3. Make notes                          |
| 10                      |     |     |     |               |     |                          |      |     |              |       |          |     | in a journal abou                      |
| 11                      |     |     |     |               |     |                          |      |     |              |       |          |     | what contributed                       |
| 12                      |     |     |     |               |     |                          |      |     |              |       |          |     | to the score &                         |
| 13                      |     |     |     |               |     |                          |      |     |              |       |          |     | color chosen for                       |
| 14                      |     |     |     |               |     |                          |      |     |              |       |          |     | the day.                               |
| 15                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 16                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 17                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 18                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
|                         |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 19                      |     |     |     |               |     |                          |      |     |              |       |          |     | Color Legend:                          |
| 20                      |     |     |     |               |     |                          |      |     |              |       |          |     | Color Legend:                          |
| 21                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 22                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 23                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 24                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 25                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 26                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 27                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 28                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
|                         |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 29                      |     |     |     |               |     |                          |      |     |              |       |          |     |  |
| 30                      |     |     |     | the destri    |     | the deals'<br>Mar deals' |      |     | Site aloogs' |       | the deal |     |  |
| 31<br>Create your own 1 |     |     |     | ин оно<br>(ф) |     |                          |      |     |              |       | si ann   |     |  |

Create your own rating measures: (i.e., 1 = did not enjoy/totally unfulfilled, 10 = thoroughly enjoyed/completely fulfilled).