

# Grow Your Mind: 31-Day Mood Tracker



Track your moods and watch your mind grow! Each day, log your mood and color a flower to see your emotional growth.

Happy/Excited: Pink  
Calm/Relaxed: Blue  
Neutral/Okay: Yellow  
Anxious/Sad: Blue  
Angry/Frustrated: Red

What patterns do you notice in your moods? Which days were the hardest, and what helped you feel better? Write down one thing you learned about yourself this month.

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# How Your Emotions Affect Your Brain

Did you know your emotions change how your brain works? As a former biology teacher, I am excited to share how your feelings connect to your brain cells – called neurons!

## The Science of Emotions

Your brain has millions of neurons, which are cells that send messages to help you think, feel and act. When you're happy or calm, your brain releases chemicals like dopamine and serotonin, which make you feel good and help your neurons grow stronger connections!

When you're anxious or sad, your amygdala (the brain's alarm system) gets activated, which can make you feel on edge. This is normal, but too much stress can make it harder for your neurons to connect.

By tracking your moods and practicing self-care, you're helping your brain grow stronger connections – like a flower blooming! Positive emotions help your neurons 'grow', while managing tough emotions helps your brain stay balanced.

### Did You Know?

A single neuron can connect to up to 10,000 other neurons, just like how your emotions connect to your experiences

As you color your tracker, think of each flower as a step towards growing a stronger, healthier mind. You've got this!

# How to Use Your Grow Your Mind Tracker

Thank you for purchasing the Grow Your Mind Mood Tracker from Let Growth Bloom! Here's how to get started.

## **Step 1: Print Your Tracker**

Print one of the trackers on 8.5x11 paper at 100% scale. Use a color printer for the best experience, or print in black and white if needed.

## **Step 2: Track Your Moods**

Each day, choose the mood that best matches how you feel (see the color key on the tracker). Color one item the corresponding color (eg. pink for happy, blue for anxious).

## **Step 3: Reflect on Your Growth**

At the end of the month, admire your garden and use the reflection prompt to think about what you've learned.

## **Step 4: Learn About Your Brain**

Read the 'How Emotions Affect Your Brain' guide to understand the science behind your feelings and how you're helping your brain grow.

## **Printing Tips**

If you don't have a printer, you can use a local print shop or library. For best results, print on cardstock for durability.

## **Need Help?**

If you have any questions, message me on Etsy – I'm here to help!