



Self-Assessment & Review Framework

A Weekly Habit and Mood Tracker is a tool designed to help you build self-awareness, maintain consistency, and improve overall well-being. By tracking daily habits like exercise, sleep, or hydration alongside your mood, it allows you to identify patterns and correlations between your actions and emotional state. This insight helps you spot triggers for stress or happiness, encourages accountability, and makes it easier to set and achieve small, realistic goals. Over time, regularly reviewing your tracker promotes reflection, highlights areas for improvement, and motivates you to maintain routines that support both mental and physical health.

Week Commencing:

[illegible]

Mood & Energy Tracker

Day	Energy Level 1= Low - 10=High	Stress Level 1= Low - 10=High	Notes/Observations
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

General Observations

Review Framework

Here's a simple, step-by-step framework to review your Weekly Habit and Mood Tracker effectively:

1. Review Your Habits

- **Check consistency:** Which habits did you complete most days? Which ones were missed frequently?
- **Identify patterns:** Did certain habits drop off on specific days (e.g., weekends, busy days)?
- **Assess difficulty:** Were some habits too ambitious or too easy?

2. Analyse Your Mood

- **Spot trends:** Are your moods improving, declining, or fluctuating during the week?
- **Look for triggers:** Do events, times, or habits affect your mood positively or negatively?
- **Highlight extremes:** Note the highest and lowest mood points and what contributed to them.

3. Connect Habits and Mood

- **Correlation check:** Which habits seem to lift your mood or energy? Which might be associated with stress or low energy?
- **Cause and effect:** Consider whether changes in your habits might explain changes in mood.

4. Identify Obstacles

- **External factors:** Workload, social events, or environmental changes that affected habits or mood.
- **Internal factors:** Motivation, fatigue, or mindset that influenced your week.

5. Reflect on Progress

- **Achievements:** Celebrate habits maintained consistently or improvements in mood.
- **Adjust goals:** Decide which habits to continue, tweak, or replace next week.
- **Plan strategies:** Brainstorm ways to overcome obstacles or boost positive habits.

6. Summarise Insights

- Write a short reflection (1–3 sentences) on what the week taught you about your habits and mood.
- Note actionable steps for the next week based on your observations.