

Emotion Tracker

When you learn to notice and name your emotions, you can gain more power over them.

This simple mood tracker makes it easy for you to identify and track your emotions overtime.

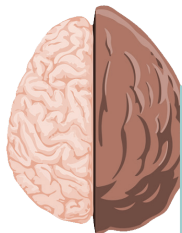
You can customize this Mood Tracker to the emotions that you want to pay attention to. You can see some suggestions at the bottom of the page, or feel free to use your own. Don't forget to pay attention to the more comfortable emotions (like gratitude, joy, appreciation, feeling safe, etc) because these are often quieter emotions. When you look for them, you may find them.

- 1 Write the emotions you would like to track to the emotion section
- 2 Assign a color to each emotion
- 3 Each day, write what you're feeling- or a little about what you're doing.
For example "Walk around the block. Calm" or Work. Stressed.

Annual Mood Tracker:

Your mood is the longer term pattern of the emotions that you feel throughout the day.

Just like the weekly tracker, choose a color for each of the emotions you'd like to track. Then color in one square per day with the average emotions you felt that day.



Weekly Emotion Tracker

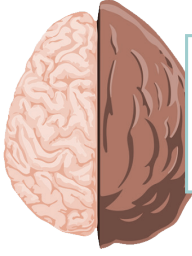
	S	M	T	W	T	F	S
EARLY MORNING							
MORNING							
AFTERNOON							
EVENING							
BEFORE BED							

EMOTIONS:

○ _____	○ _____	○ _____
○ _____	○ _____	○ _____
○ _____	○ _____	○ _____

Possible Emotions to Track:

Happy, Excited, Interested, Angry, Grateful, Confused, Afraid, Frustrated, Cheerful, Nervous, Cranky, Proud, Irritated, Loving, Guilt, Calm, Lonely, Disgusted, Hopeful, Worried, Content, Stressed, Peaceful, Hurt, Relaxed, Sad, Bored, Upset, Disappointed,



Annual Mood Tracker

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

MOODS:

Possible Moods To Track

Loving, Frustrated, Cheerful,
Depressed, Guilt, Calm,
Lonely, Hopeful, Worried,
Content, Stressed, Peaceful,
Hurt, Sad, Happy, Excited,
Angry, Interested, Grateful,
Nervous, Proud, Irritated,