MOODFLOW

Daily mood journal

One brief entry a day. Use words or a consistent personal scale. Leave missed days blank.

Week 1 / Date / period: _____

Date / time	Mood / energy	Emotion words	What happened?	What do I need next?

Review: What repeated? What does not fit? What is one useful question or next step?

Original reflection worksheet. Not a diagnostic test. Bring concerns to a qualified professional.

Daily mood journal

One brief entry a day. Use words or a consistent personal scale. Leave missed days blank.

Week 2 / Date / period: _____

Date / time	Mood / energy	Emotion words	What happened?	What do I need next?

Review: What repeated? What does not fit? What is one useful question or next step?

Original reflection worksheet. Not a diagnostic test. Bring concerns to a qualified professional.