

WEEKLY MOOD LOG

TODAY I AM GRATEFUL FOR:

MY STRESS LEVEL:

○ ○ ○ ○ ○

MY ENERGY LEVEL:

○ ○ ○ ○ ○

DON'T LET
YESTERDAY TAKE
UP TOO MUCH OF
TODAY

GOOD THINGS THAT HAPPEN TODAY:

IT DOESN'T MATTER IF IT SEEMS INSIGNIFICANT. LIKE A JOKE THAT SOMEONE TOLD OR HOW DELICIOUS THE BREAKFAST YOU ATE WAS!

NOT SO GOOD THINGS THAT HAPPEN TODAY:

EMOTIONS THAT I FEEL TODAY:

RELAX HAPPY ANGRY TIRED BORED CONFUSED SAD HOPE
JOY SCARED ANNOYED EXHAUSTED MISERABLE HYSTERICAL

THINGS THAT I WANTED TO SAY BUT I
DIDN'T:

THINGS THAT I WANTED TO DO BUT
I DIDN'T:

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IMAGINE YOUR LIFE IS PERFECT IN EVERY RESPECT; WHAT WOULD IT LOOK LIKE?

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DO WHAT YOU CAN
WITH ALL YOU HAVE,
WHEREVER YOU ARE.

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TODAY'S ACCOMPLISHMENTS WERE YESTERDAY'S IMPOSSIBILITIES.

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DON'T FORGET TO TELL YOURSELF POSITIVE THINGS DAILY! YOU MUST LOVE YOURSELF INTERNALLY TO GLOW EXTERNALLY.

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THE SECRET OF YOUR FUTURE IS HIDDEN IN YOUR DAILY ROUTINE.

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THE TRUE SECRET OF HAPPINESS LIES IN TAKING A GENUINE INTEREST IN ALL THE DETAILS OF DAILY LIFE.

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