

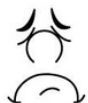
What Do My Moods Tell Me?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wake-up - 11 AM							
11 AM - 3 PM							
3 PM - 7 PM							
7 PM - 11 PM							
11 PM - Wake-up							

Use this chart to keep track of your moods. Be sure to note what you were doing when you felt that way. Here's a list of words to help you:

Can't Sleep • *Angry* • *Annoyed* • *Anxious* • *Sad* • *Disappointed* • *Upset* • *Frustrated*
Bored • *Dull* • *Empty* • *Lonely* • *Okay* • *Peaceful* • *Hopeful* • *Happy* • *Excited*



- Do you notice any patterns?
- Do you see anything you want to change?

- What were you doing when you had the mood you want to change?
- Is there something you can do differently next time?

