

Mood Rating

Low
(1)



High
(5)

1

Very Low
Stressed
Anxious
Exhausted
Angry
Furious



2

Low
Tired
Sad
Irritated
Worried
Meh



3

Neutral
Okay
So, so
Balanced
Not bad &
not good



4

Good
Quite positive
In control
Calm
Bit silly/fun
Bit giddy



5

Happy
Very positive
Buzzing
Energetic
Very giggly
Very silly/fun



Be as honest as you can. You will see that there are low and high energy combinations such as depression and anger in the same rating. Think of your mood overall and with awareness you can bring in interventions to help change or improve your mood.

Reflections

What patterns did I notice as the week/month progressed?

Were there any significant events that affected my mood?

What areas can I work on to improve my mood? (i.e. sleep, reduce stressors, self-care, exercise?)
