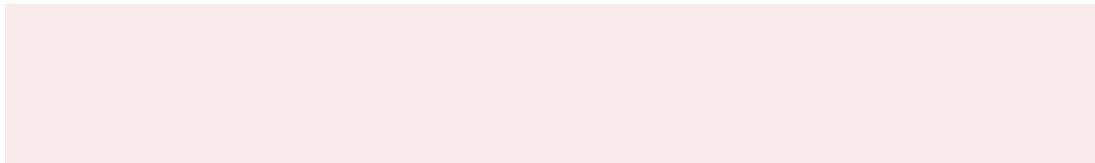


MOOD TRACKING SHEET

DATE: _____

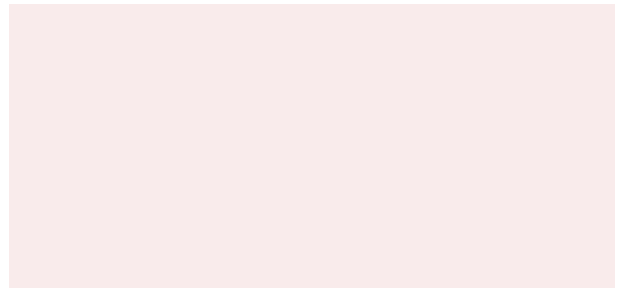
AFFIRMATIONS



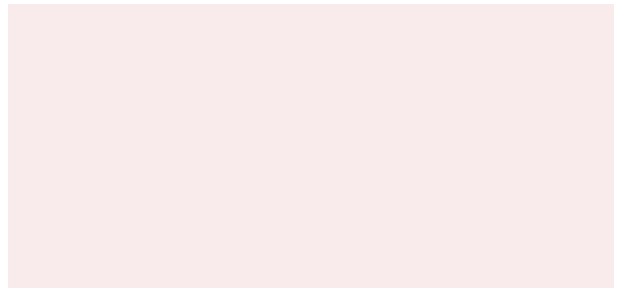
HOURLY CHECK-INS

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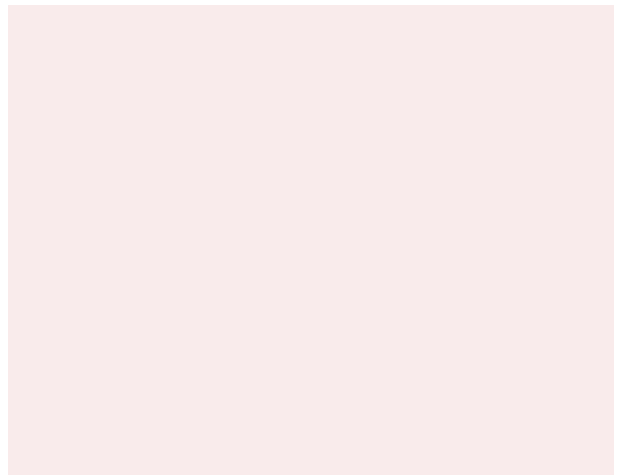
GOALS



VALUES



ACCOMPLISHMENTS



INSTRUCTIONS FOR YOUR 30-DAY MOOD TRACKING CHALLENGE

AFFIRMATIONS

Choose three statements that are the opposite of the negative self-talk statements you have a habit of saying to yourself, e.g. I hate myself, I hate my life.

Say them each hour and mark off that you did this in the check-box.

HOURLY CHECK-INS

Each hour, on the hour, record your mood level from 1-10 (1 being the worst you've ever felt and 10 being the best). Then write in your current emotion in one word.

GOALS

Write in one thing you **have** to do today, one thing you **want** to do today, and one action item towards your long-term goals.

VALUES

What traits or qualities are important to you? Write down values you hold yourself or look up to in others. This is to help remind you of your own self-identity!

ACCOMPLISHMENTS

Don't forget to **give yourself credit** for every little thing you do each day, no matter how small! Keeping track of your progress will motivate you to keep going.

LET'S DO A CHECK-IN