

THE DAILY HEAL JOURNAL

mood tracker

WITH SEZ KRISTIANSEN

KNOW YOURSELF

NOURISH YOURSELF

RAISE YOURSELF

HEAL YOURSELF



HOW TO USE THESE CARDS!

You may already be aware of what affects your emotional wellbeing and that's an incredible step towards living a more balanced life. When you know yourself, you heal yourself. But it's normal to get distracted in your daily life and forget how to care for your deeper needs. Think about how many 'running themes' there are in your journal or how many times a certain low energy mood comes up at the same time of the day.

We have an intricate web of habits and patterns within us and sometimes what seems to be an emotional reaction to a certain trigger lands up being more deeply connected to an unmet need you have had throughout your life.

Discovering the patterns & circumstances that affect your emotional health can be a life-changing wisdom. It gives you accountability for what you can control and surrender to what you simply can't. It can offer you preparation for the times you know you will be down, and through a little self-compassion and acceptance, you can recover much quicker from anxiety, heavy moods and depression. It begins by tracking your daily mood, including the habits that are either nourishing your deeper needs or leaving you starved of emotional self-care.

Print the following cards out and answer them at end of the day for a week. Tick *one* circle that represents most accurately how you feel. The darkest circle on the left represents: Unhappy / Not at all / Nothing / No - and the lightest circle on the right represents Joyful / Abundant / A lot / Yes. You can also track what phase the moon is in (New/Waxing/Full/Waning) and what day you are on in your menstrual cycle. The *note of kindness to yourself* is to be written to you, as if you were a dear friend. Offer yourself a small token of grace, self-love and understanding towards your daily struggles & joys. Complete 7 days worth of tracking and then use the 'Trends' card to discover new patterns.



Date: _____

How I have felt today:

Notable triggers:

Overall Mood:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ate Healthy:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drank Water:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excersised:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gratitude:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Love:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creativity:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Connected With Another:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditated:	<input type="radio"/>				<input type="radio"/>
Tried Something New:	<input type="radio"/>				<input type="radio"/>
Limited Social Media:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moon Phase:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Day Of Cycle:	<input type="radio"/>				

2 moments I felt good:

- _____
- _____

1 thing I'd like to do more of tomorrow:

- _____

Today's note of kindness to myself:

Date: _____

How I have felt today:

Notable triggers:

Overall Mood:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ate Healthy:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drank Water:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excersised:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gratitude:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Love:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Meditated:	<input type="radio"/>				<input type="radio"/>
Tried Something New:	<input type="radio"/>				<input type="radio"/>
Limited Social Media:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moon Phase:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Day Of Cycle:	<input type="radio"/>				

2 moments I felt good:

- _____
- _____

1 thing I'd like to do more of tomorrow:

- _____

Today's note of kindness to myself:

DISCOVER MY TRENDS CARD

TRENDS IN MY EMOTIONAL STATE:



When my overall mood is happy, I ticked the following activities highly:

- _____
- _____
- _____
- _____



When my overall mood is low, I ticked the following activities negatively:

- _____
- _____
- _____
- _____

Themes in low moods (circle):

Anger
Judgement
Hopelessness
Victimhood
Other: _____

Themes in high moods (circle):

Joy
Allowing
Freedom
Contentment
Other: _____

Other notable trends:

- _____
- _____
- _____
- _____

How can I bring more acceptance, self-compassion and surrender to my low emotional states?

Three actions I will take next week to raise my emotional wellbeing:

TIPS & PRACTICES THAT CAN HELP YOU HEAL

- Try and bring a level of curiosity to your emotional wellbeing. Looking at yourself with 'beginners eyes' can help you see that you are a multi-faceted being with many layers of emotions. Try and see what works for you and what doesn't in life.
- Try different things and step out of your comfort zone. Writing your own poetry or listening to different meditation techniques can open you up to a new way of experiencing life.
- Try the HEAL (Honor, Enquire, Allow, Love) practice daily and rewire your relationship with your emotional body. The more you create a space between you and your immediate reactions, the more you are able to change your life through mindful responses. Get the free e-book via www.thedailyhealjournal.com or by emailing Sez on hello@thedailyhealjournal.com
- Connect with others on the same journey. We share many similarities when self-healing and trying to live the best life we can.

**FOR EXAMPLES OF HOW OTHERS USE THIS PRACTICE,
PLUS DAILY PROMPTS THAT DIVE DEEPER INTO EACH STEP,
CONNECT WITH ME!**

**#THEDAILYHEALJOURNAL
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**OR GET IN TOUCH!
HELLO@THEDAILYHEALJOURNAL.COM**

**AND REMEMBER, JUNE 2020, THE DAILY HEAL PROMPT
JOURNAL COMES OUT AS A BEAUTIFULLY CRAFTED BOOK
FOR YOU TO CONTINUE YOUR OWN JOURNEY THROUGH.**

In gratitude,

Sez