



RESEARCH-BASED JOURNAL

# TRANSFORM YOUR MIND

A JOURNEY TO  
POSITIVE THINKING

CHRISTY BARNETT



# HELLO!

I am Christy, a mindset and motivational mentor and coach. If you are ready to leave worry behind and remove the blocks that have been holding you back from achieving success in either your personal or professional life, you are in the right place. This journal can help guide you in transforming your mind to embrace a life of gratitude and positive thinking.

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**HI, I'M COACH CHRISTY**

## ABOUT THIS JOURNAL AND HOW IT WILL HELP THEM

This is a guided journal and worksheet series designed to help you cultivate a more positive mindset and transform your life from within. In this journal, we'll explore the power of positive thinking, providing you with research-based insights, practical exercises, and reflective prompts to support your journey towards greater happiness, resilience, and fulfillment.

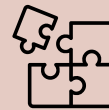
### A FEW INSIGHTS INTO THE JOURNAL



POSITIVE  
MINDSET:  
JOURNAL  
PROMPTS



DAILY  
GRATITUDE  
JOURNAL  
PROMPTS



TIPS FOR  
REFLECTION



EVERY MOMENT IS AN  
OPPORTUNITY TO CHANGE  
YOUR PERSPECTIVE.



# INTRODUCTION

## TRANSFORM YOUR MIND: A JOURNEY TO POSITIVE THINKING



### **Understanding Positive Mindset:**

Positive mindset refers to a mental attitude characterized by optimism, gratitude, and resilience in the face of challenges. It involves actively choosing to focus on the good in life, cultivate a growth mindset, and maintain a sense of hope and possibility even in difficult times.

### **How to Cultivate Positive Thinking:**

Cultivating a positive mindset is not merely about plastering on a fake smile or ignoring life's challenges. Instead, it's about developing a genuine outlook that acknowledges both the ups and downs of life while consciously choosing to focus on the positive aspects.

### REMINDER

Research has shown that adopting a positive mindset can have profound effects on various aspects of our lives, including our mental and physical health, relationships, and overall well-being.

# POSITIVE THINKING

## *evidence* BASED STRATEGIES

Here are some evidence-based strategies for cultivating positive thinking

### PRACTICE GRATITUDE:

Regularly expressing gratitude has been linked to increased happiness, improved relationships, and better physical health. Take time each day to reflect on the things you're thankful for and write them down in your gratitude journal.

### CHALLENGE NEGATIVE THOUGHTS

Learn to recognize and challenge negative thought patterns, such as catastrophizing or black-and-white thinking. Replace them with more balanced and realistic thoughts that promote hope and optimism.

### CULTIVATE OPTIMISM:

Cultivate a sense of optimism by focusing on solutions rather than problems, reframing setbacks as opportunities for growth, and maintaining a belief in your ability to overcome challenges.

### PRACTICE MINDFULNESS:

Mindfulness practices, such as meditation and deep breathing exercises, can help you stay grounded in the present moment, reduce stress and anxiety, and foster a greater sense of peace and contentment.

### SURROUND YOURSELF WITH POSITIVITY:

Surround yourself with positive influences, whether it's supportive friends and family, inspiring books and podcasts, or uplifting environments that nurture your spirit.

# WHY IT'S IMPORTANT:

RESEARCH HAS CONSISTENTLY SHOWN THAT A POSITIVE MINDSET IS ASSOCIATED WITH NUMEROUS BENEFITS, INCLUDING:



- **Improved Mental Health:** Positive thinking has been linked to reduced symptoms of depression, anxiety, and stress, as well as greater resilience in the face of adversity.
- **Enhanced Physical Health:** Studies have found that people with a positive outlook tend to have stronger immune systems, lower blood pressure, and a reduced risk of chronic diseases.
- **Better Relationships:** Positive individuals tend to have more satisfying and fulfilling relationships, characterized by greater empathy, compassion, and social support.
- **Increased Success and Achievement:** Positive thinking is associated with greater creativity, problem-solving ability, and perseverance, leading to increased success in various areas of life, including work, education, and personal goals.

## REMINDER

Remember that change takes time and effort. By incorporating the strategies and exercises provided in this journal, you'll gradually rewire your brain for positivity, leading to greater happiness, resilience, and fulfillment in all areas of your life. Embrace the journey, trust the process, and watch as your mindset transforms before your eyes.

THE COMPLETE



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FROM THIS  
TO THAT

JOURNALING



# FROM THIS TO THAT SECTION

Welcome to the "From This Mindset to That" section of your positive mindset journal! In this section, we'll explore your current mindset and visualize a positive transformation. By comparing negative thoughts or behaviors with positive alternatives, you'll gain insight into areas where you can shift your perspective and cultivate a more empowering mindset.

## Overview:

This section is designed to help you identify limiting beliefs or negative thought patterns that may be holding you back and replace them with more positive, empowering alternatives. By acknowledging these mindset shifts and visualizing the positive outcomes, you'll be better equipped to overcome challenges and pursue your goals with confidence.





# YOUR CURRENT MINDSET

Reflect on a specific area of your life where you've been experiencing challenges or setbacks. This could be related to your career, relationships, personal development, or any other aspect of your life.

ADD YOUR REFLECTIONS HERE

Write down the negative thoughts, beliefs, or behaviors associated with this mindset. Be honest and specific about how they've been impacting your thoughts, feelings, and actions.

ADD YOUR REFLECTIONS HERE



# VISUALIZE

## A POSITIVE TRANSFORMATION

Imagine how your life would be different if you shifted to a more positive mindset in this area. What would it look and feel like to embody this positive transformation?

ADD YOUR REFLECTIONS HERE

Write down your vision for the future, focusing on the positive outcomes and possibilities that await you. Use descriptive language to vividly capture your ideal scenario.

ADD YOUR REFLECTIONS HERE



# IDENTIFY

## KEY MINDSET SHIFTS

Compare your current mindset with the positive alternative you've envisioned. What specific mindset shifts would be necessary to bridge the gap between the two?

ADD YOUR REFLECTIONS HERE

Break down these mindset shifts into actionable steps or affirmations that you can incorporate into your daily life. This could involve challenging negative self-talk, practicing self-compassion, or adopting a growth mindset.

ADD YOUR REFLECTIONS HERE



# CREATE

## AN ACTION PLAN

- Based on your identified mindset shifts, outline a practical action plan for implementing these changes in your life. What strategies or practices can you adopt to reinforce positive thinking and behavior?

ADD YOUR ACTION PLAN

Set specific goals and milestones for tracking your progress towards achieving your desired mindset transformation. Consider incorporating accountability measures or seeking support from others if needed.

LIST YOUR GOALS AND MILESTONES



## TIPS FOR REFLECTION

- Be honest and compassionate with yourself as you explore your current mindset and areas for growth.
- Focus on progress, not perfection. Positive mindset shifts take time and practice.
- Use the examples provided as inspiration, but feel free to adapt them to your own experiences and challenges.
- Remember that every mindset shift, no matter how small, brings you closer to your goals and aspirations.

By engaging with these prompts and structured worksheet format, you'll gain valuable insights into your mindset patterns and develop actionable strategies for fostering a more positive and empowering outlook on life. Enjoy the journey of transformation!



# FROM THIS TO THAT

---

*From Negative Self-Talk to Self-Love:*

- *This: Write down any negative thoughts or self-criticisms you've been experiencing lately.*
  - *That: In the adjacent box, rewrite each negative statement as a positive affirmation or expression of self-love.*
- 

WRITE DOWN YOUR THIS AND YOUR THAT IN THE APPROPRIATE COLUMN

*This*

*That*



# FROM THIS TO THAT

---

*From Doubt to Confidence:*

- *This: Identify any areas in your life where you've been doubting yourself or your abilities.*
  - *That: Imagine yourself stepping into a mindset of confidence and self-assurance. Describe how you would feel and act differently.*
- 

WRITE DOWN YOUR THIS AND YOUR THAT IN THE APPROPRIATE COLUMN

*This*

*That*



# FROM THIS TO THAT

---

*From Stress to Serenity:*

- *This: List any sources of stress or anxiety that have been weighing on your mind.*
  - *That: Envision a state of calmness and peace. What actions or perspectives can help you cultivate greater serenity in these situations?*
- 

WRITE DOWN YOUR THIS AND YOUR THAT IN THE APPROPRIATE COLUMN

*This*

*That*



# FROM THIS TO THAT

---

*From Limiting Beliefs to Empowering Mindset:*

- *This: Reflect on any limiting beliefs or fears that have been holding you back.*
  - *That: Challenge these beliefs and reframe them into empowering thoughts or affirmations that inspire confidence and action.*
- 

WRITE DOWN YOUR THIS AND YOUR THAT IN THE APPROPRIATE COLUMN

*This*

*That*



# FROM THIS TO THAT

---

*From Comparison to Contentment:*

- *This: Consider instances where you've been comparing yourself to others or feeling inadequate.*
  - *That: Shift your focus towards gratitude and contentment. What aspects of your life are you truly grateful for?*
- 

WRITE DOWN YOUR THIS AND YOUR THAT IN THE APPROPRIATE COLUMN

*This*

*That*





## TIPS FOR TRANSFORMATION

- Take your time to reflect honestly on your current mindset, but also approach the exercise with kindness and self-compassion.
- Visualize the positive alternatives vividly, tapping into your imagination and inner strength.
- Feel free to revisit and revise your responses as needed. Transformation is an ongoing process.
- Celebrate each step forward, no matter how small, as you cultivate a more positive and resilient mindset.





"BELIEVE YOU CAN AND  
YOU'RE HALFWAY THERE." -  
THEODORE ROOSEVELT



THE COMPLETE



|

35 DAYS OF  
POSITIVE  
MINDSET

JOURNALING









































































## TIPS FOR JOURNALING

- Make gratitude journaling a non-negotiable part of your daily routine by incorporating it into your morning or evening rituals.
- Be specific and detailed in your gratitude entries, focusing on the unique aspects of each thing you're thankful for.
- Challenge yourself to find gratitude even in difficult or challenging situations, as there's always something to be thankful for, even in adversity.
- Share your gratitude journey with others by discussing your experiences with friends, family members, or online communities, and encourage them to join you in practicing gratitude.



OPTIMISM IS THE FAITH  
THAT LEADS TO  
ACHIEVEMENT." - HELEN  
KELLER

THE COMPLETE



# GRATITUDE

JOURNAL

# GRATITUDE JOURNAL

- BEGIN EACH JOURNALING SESSION BY REFLECTING ON THREE THINGS YOU'RE THANKFUL FOR IN YOUR LIFE. THESE COULD BE PEOPLE, EXPERIENCES, OPPORTUNITIES, OR EVEN SMALL MOMENTS OF JOY OR BEAUTY.

TAKE A MOMENT TO REALLY IMMERSE YOURSELF IN THE FEELINGS OF GRATITUDE ASSOCIATED WITH EACH ITEM ON YOUR LIST.



*Journal Prompt: Reflect on a recent experience that brought you joy and gratitude. Describe it in detail.*

*One*

*Two*

*Three*

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*Journal Prompt: What opportunity are you grateful to have had recently, and how has it positively impacted your life?*

*One*

*Two*

*Three*

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*Journal Prompt: Think about a small moment of beauty or serenity you experienced today. What made it special?*

*One*

*Two*

*Three*

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*Journal Prompt: Who has shown you kindness or support recently, and why are you grateful for their presence in your life?*

*One*


*Two*

*Three*

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 *Journal Prompt: Consider a lesson you've learned recently, even if it was challenging. How has it helped you grow, and what are you thankful for about that experience?*

*One*


*Two*

*Three*

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 *Journal Prompt: Reflect on a skill or talent you possess that you're grateful for. How does it enrich your life or the lives of others?*

*One*


*Two*

*Three*

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 *Journal Prompt: What aspect of nature or the environment are you thankful for today? Describe its beauty and significance to you.*

*One*


*Two*

*Three*

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 *Journal Prompt: Recall a past accomplishment or achievement that you're proud of. What does it represent, and why are you grateful for the journey that led you there?*

*One*

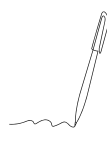
*Two*

*Three*

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 *Journal Prompt: Consider a simple pleasure or comfort in your daily routine that you're thankful for. How does it bring joy and contentment to your life?*

*One*

*Two*

*Three*

Date:

---

# DAILY GRATITUDE LIST

write 3 things you are grateful for each day in  
each of the corresponding boxes below

---

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Date:

---

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SATURDAY

SUNDAY



"THE ONLY LIMIT TO OUR  
REALIZATION OF  
TOMORROW WILL BE OUR  
DOUBTS OF TODAY." -  
FRANKLIN D. ROOSEVELT



THE COMPLETE



# MOOD TRACKER

JOURNAL



# MOOD TRACKER

## SECTION

:  
USE THIS SECTION TO IDENTIFY PATTERNS AND TRIGGERS  
AS WELL AS CELEBRATIONS.

### Overview:

This section is designed to help you identify limiting beliefs or negative thought patterns that may be holding you back and replace them with more positive, empowering alternatives. By acknowledging these mindset shifts and visualizing the positive outcomes, you'll be better equipped to overcome challenges and pursue your goals with confidence.






# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

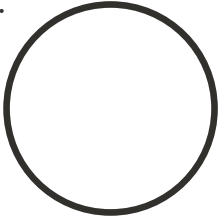
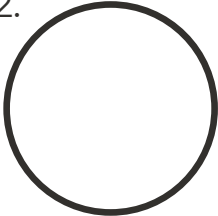
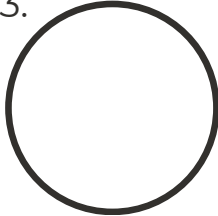
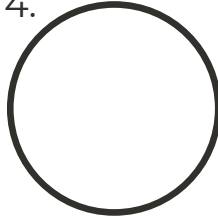
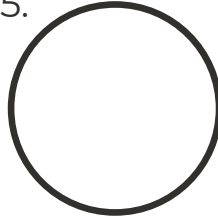
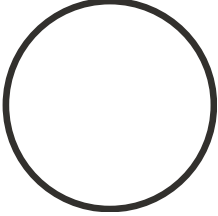
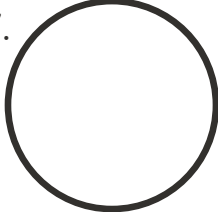
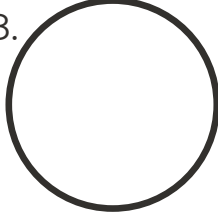
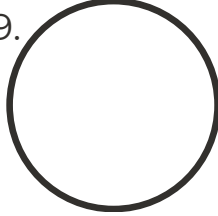
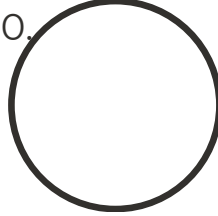
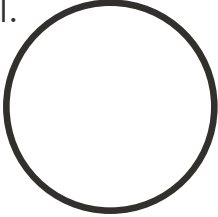
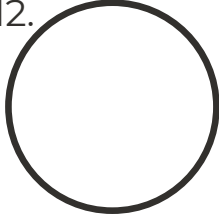
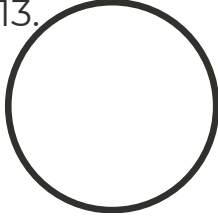
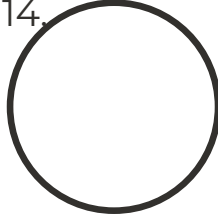
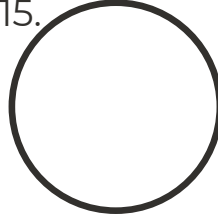
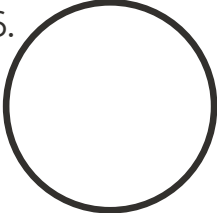
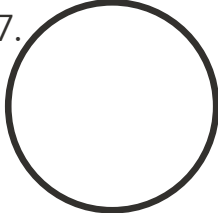
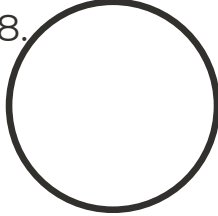
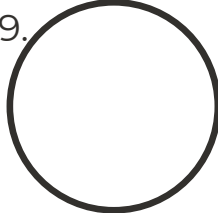
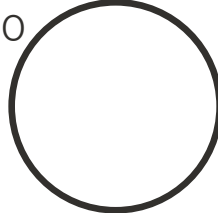
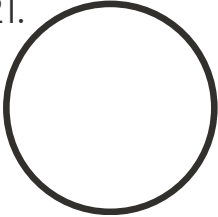
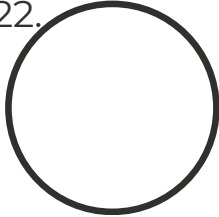
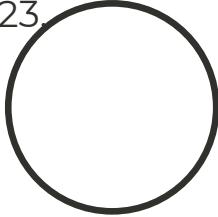
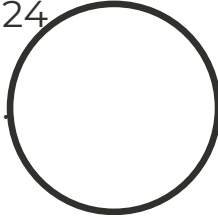
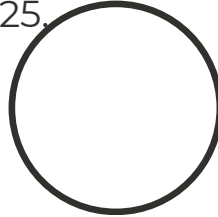
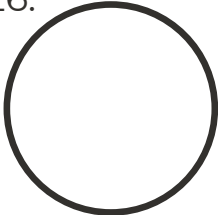
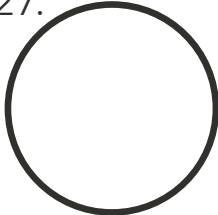
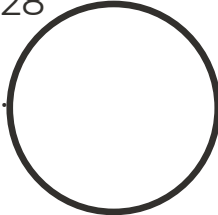
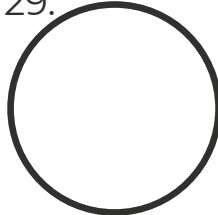
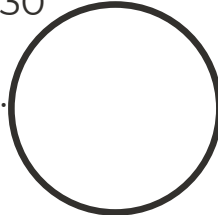
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

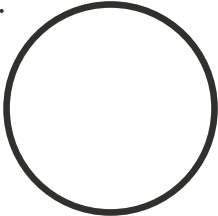
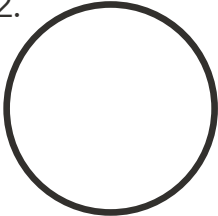
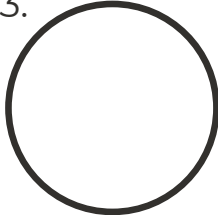
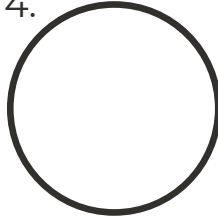
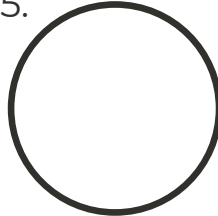
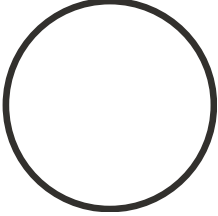
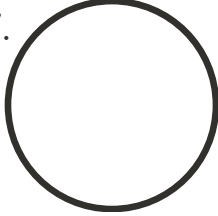
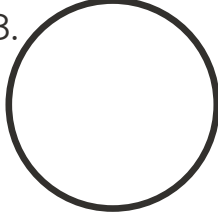
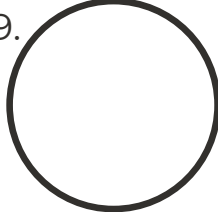
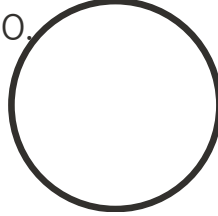
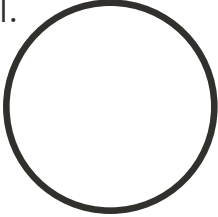
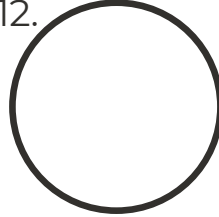
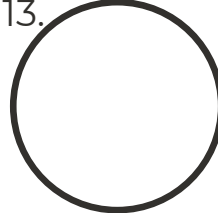
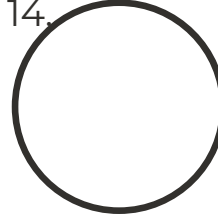
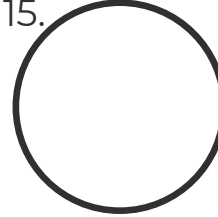
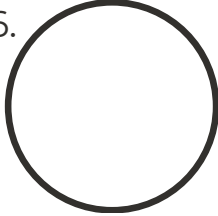
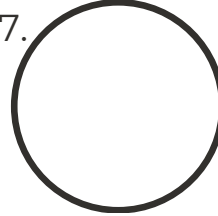
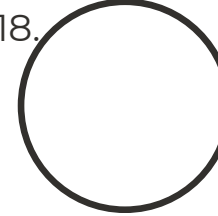
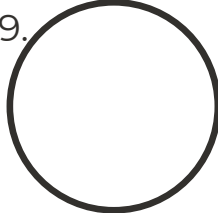
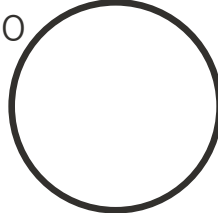
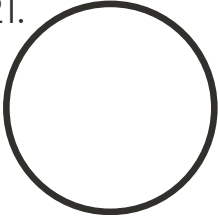
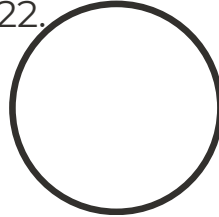
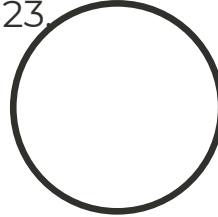
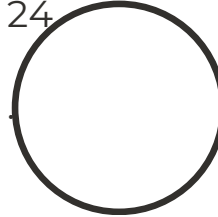
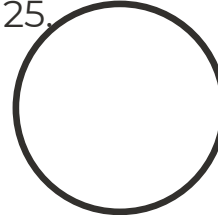
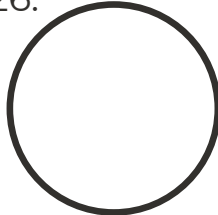
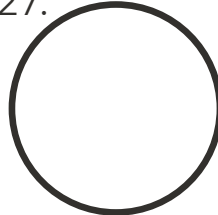
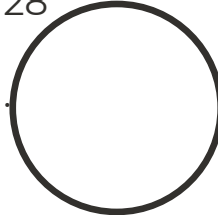
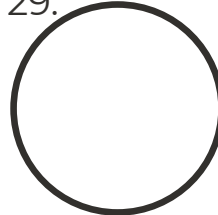
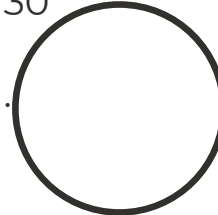
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

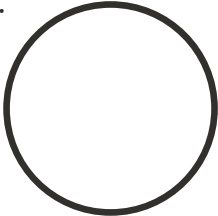
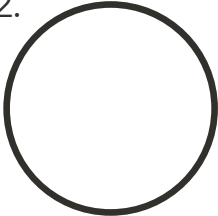
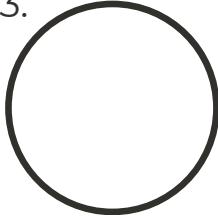
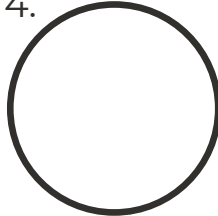
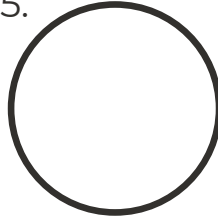
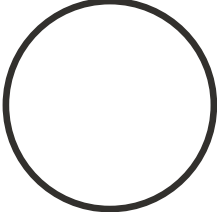
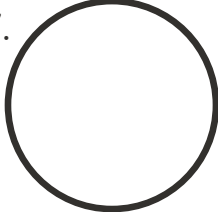
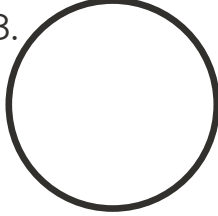
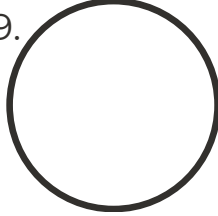
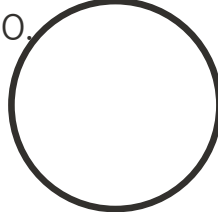
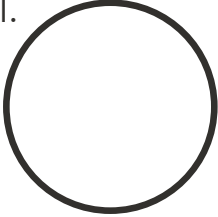
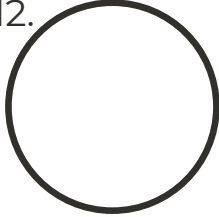
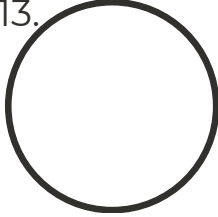
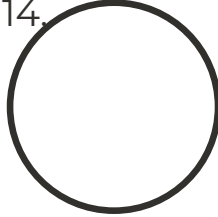
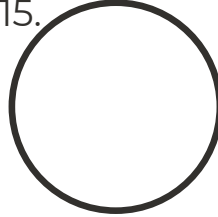
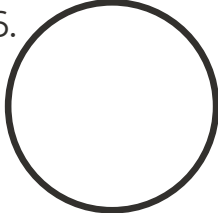
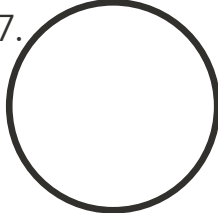
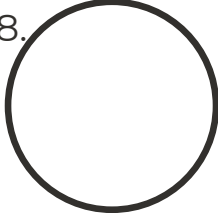
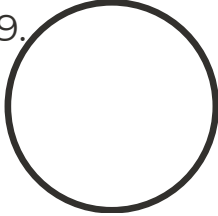
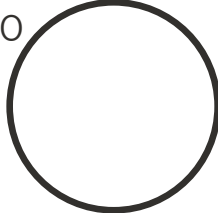
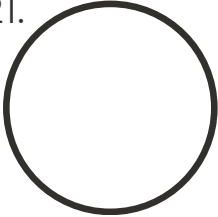
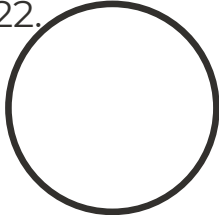
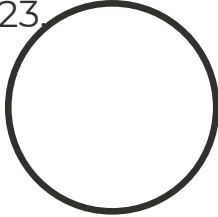
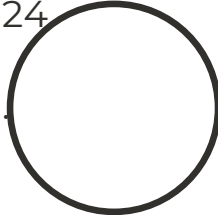
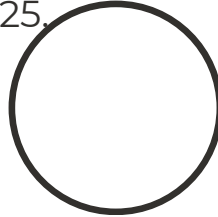
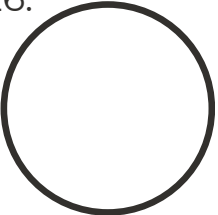
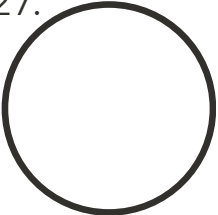
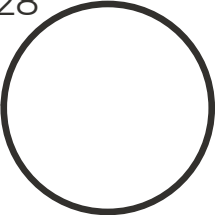
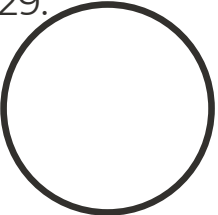
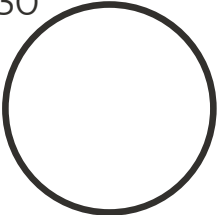
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

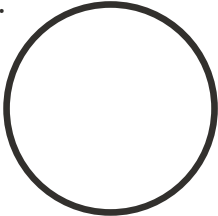
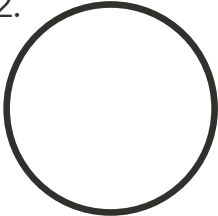
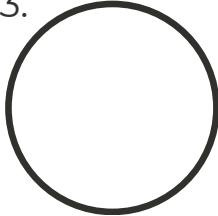
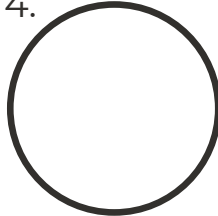
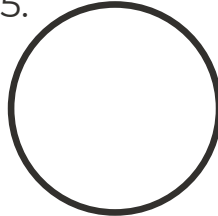
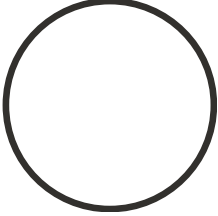
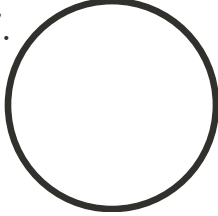
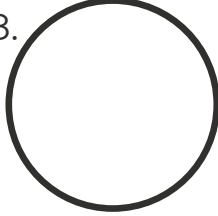
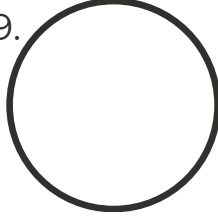
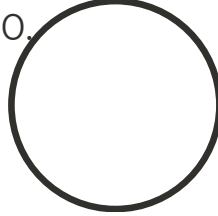
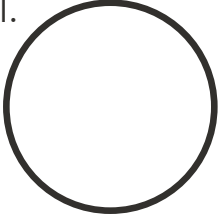
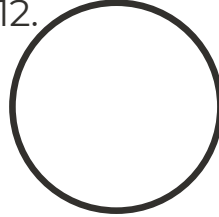
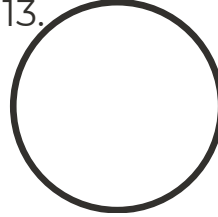
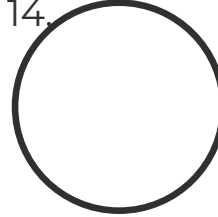
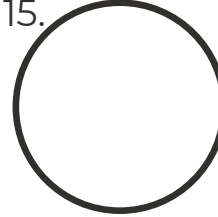
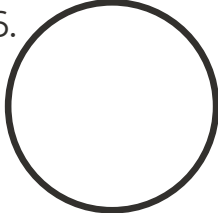
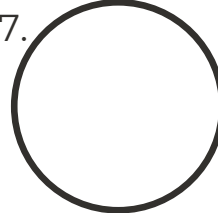
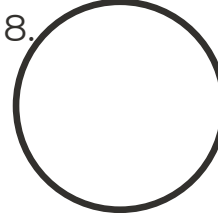
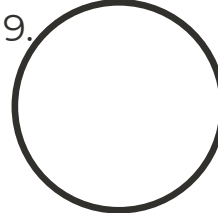
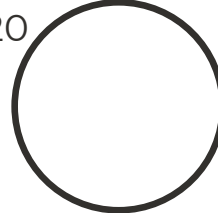
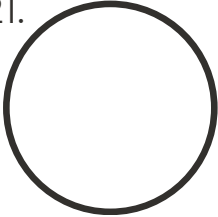
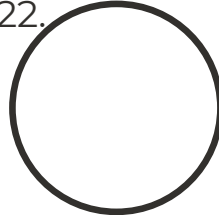
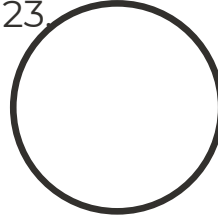
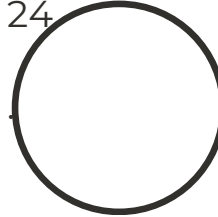
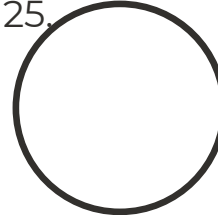
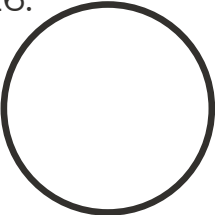
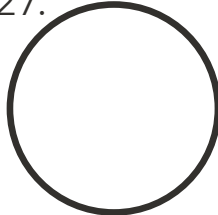
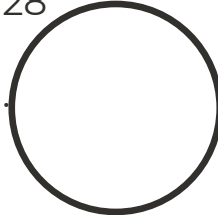
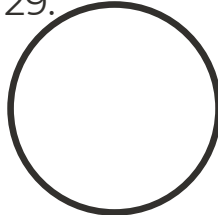
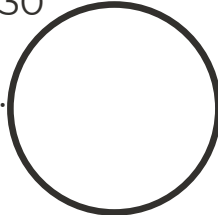
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

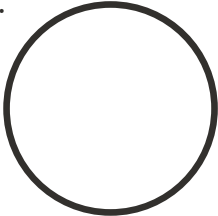
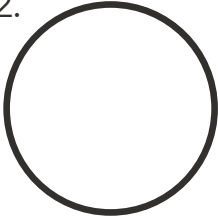
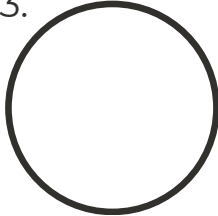
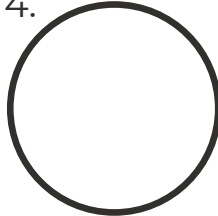
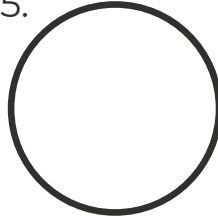
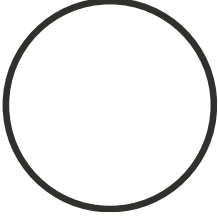
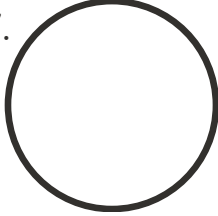
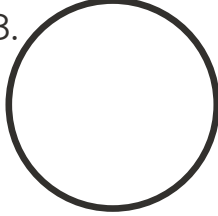
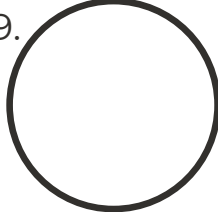
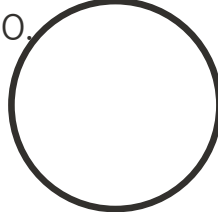
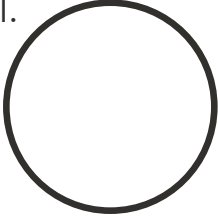
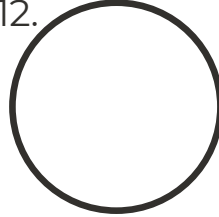
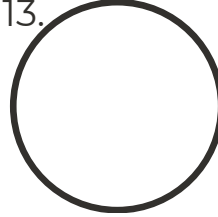
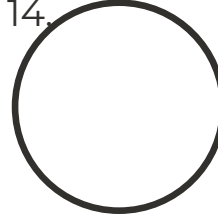
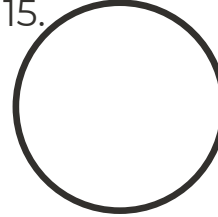
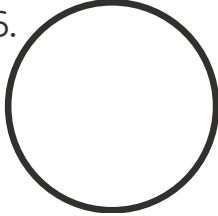
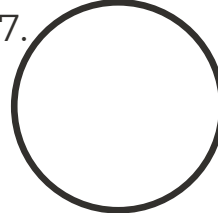
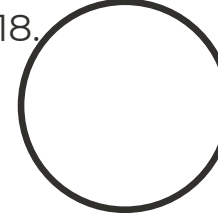
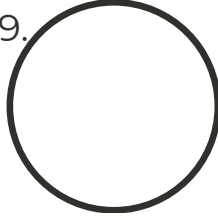
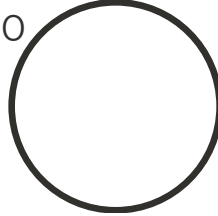
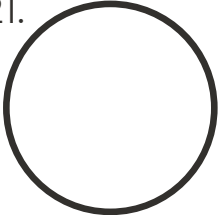
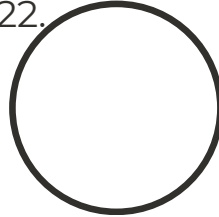
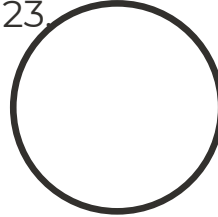
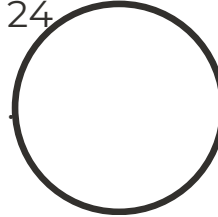
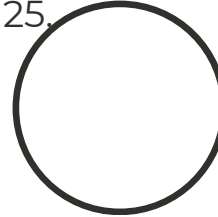
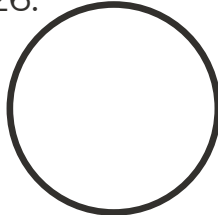
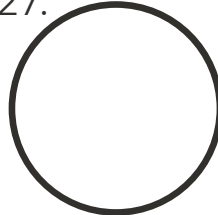
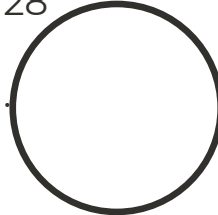
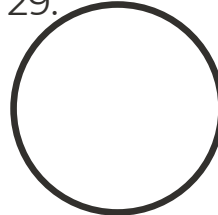
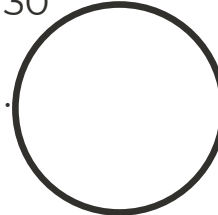
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

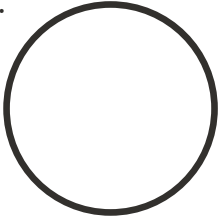
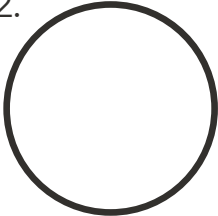
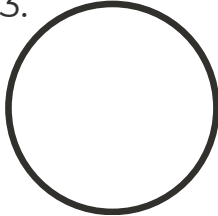
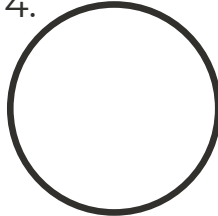
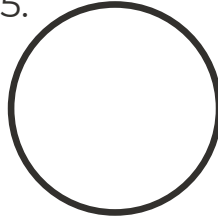
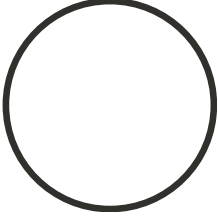
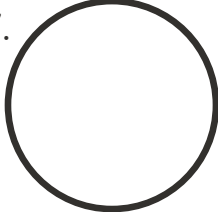
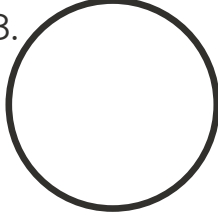
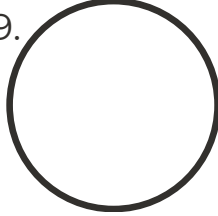
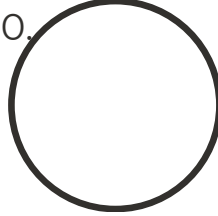
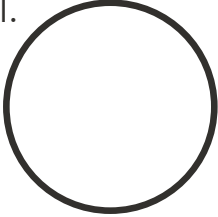
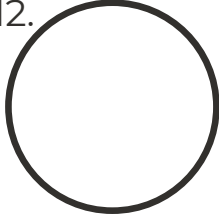
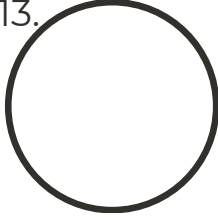
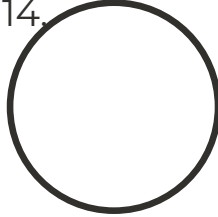
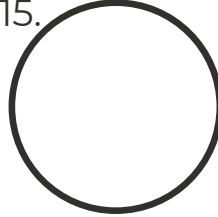
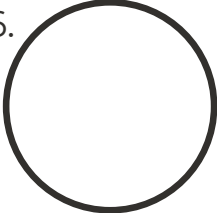
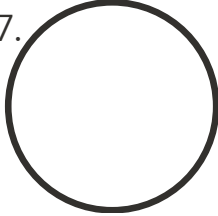
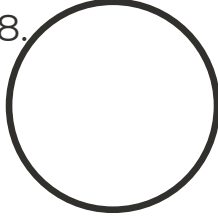
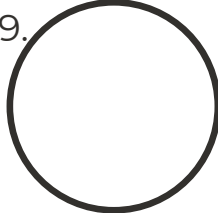
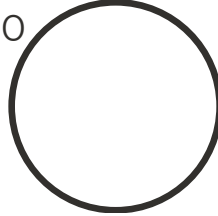
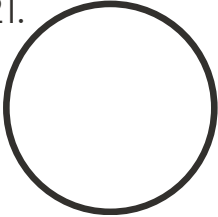
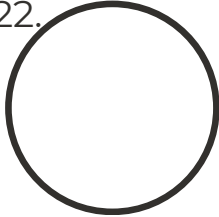
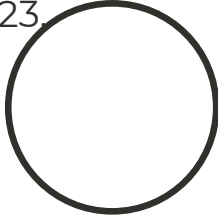
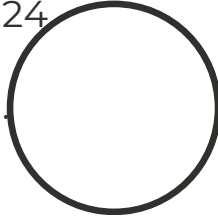
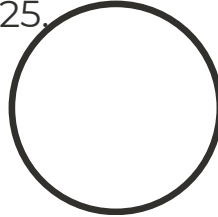
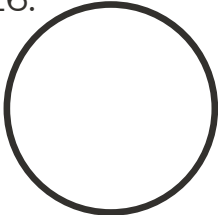
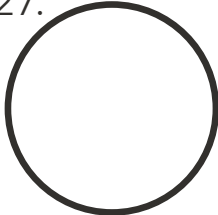
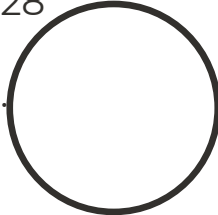
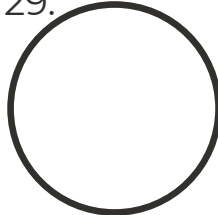
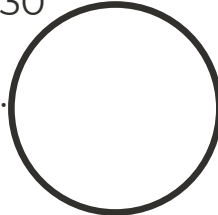
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

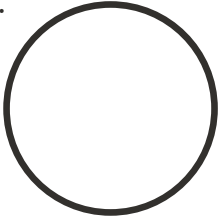
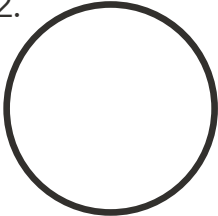
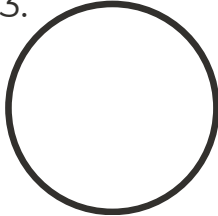
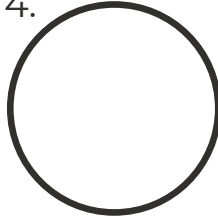
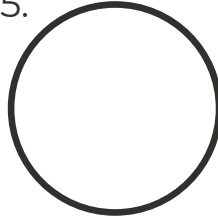
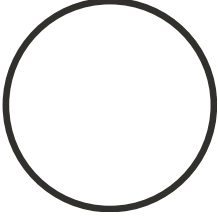
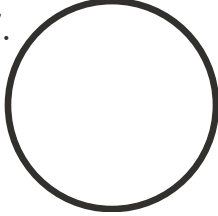
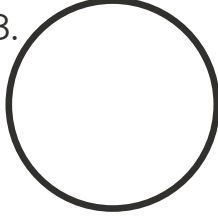
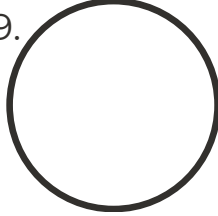
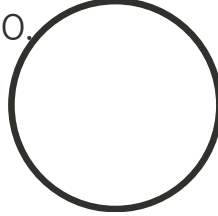
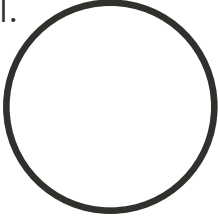
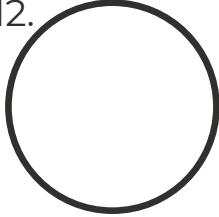
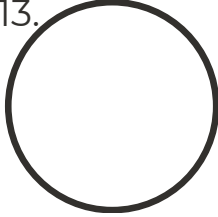
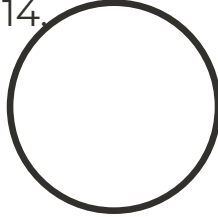
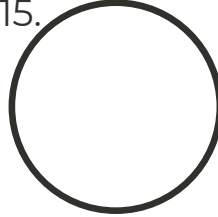
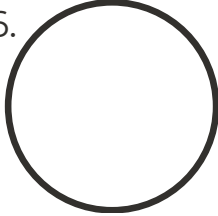
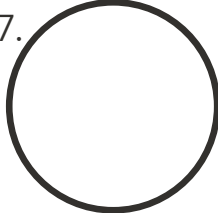
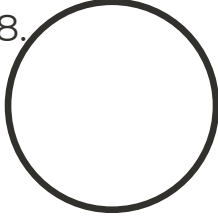
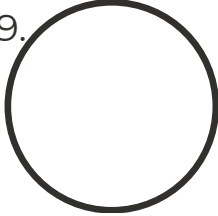
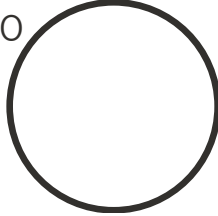
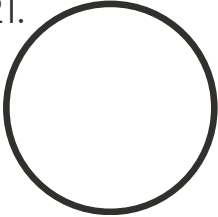
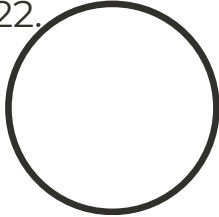
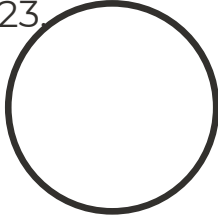
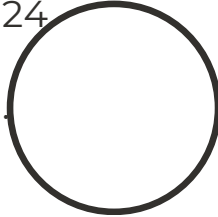
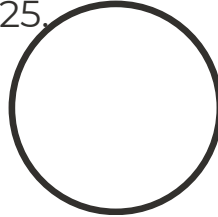
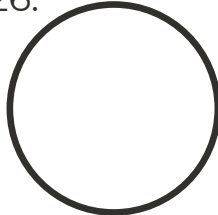
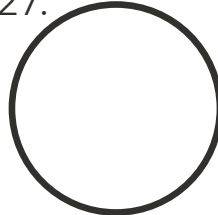
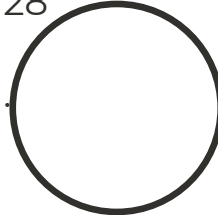
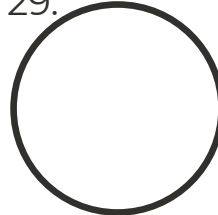
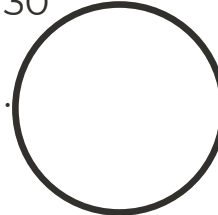
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

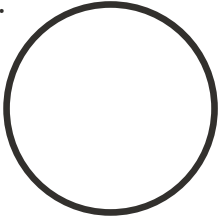
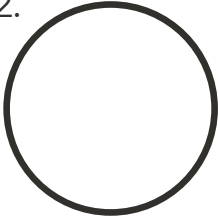
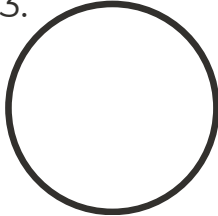
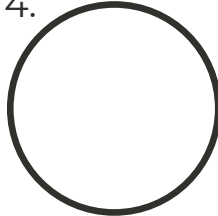
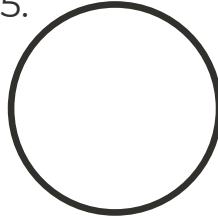
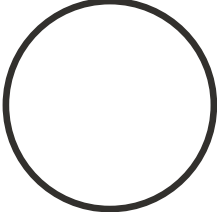
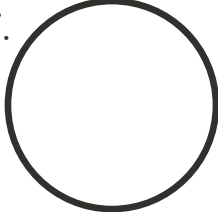
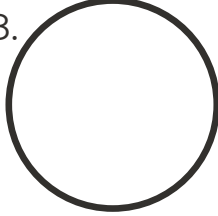
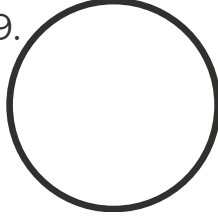
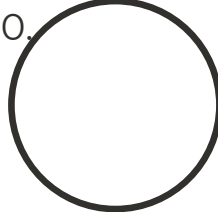
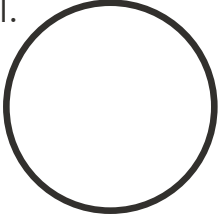
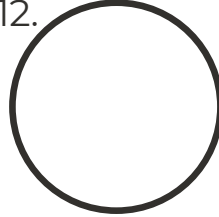
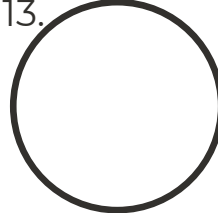
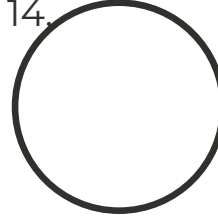
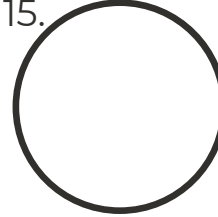
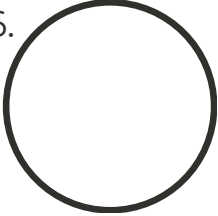
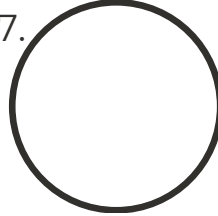
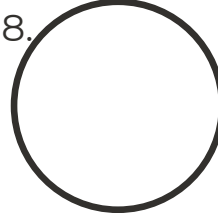
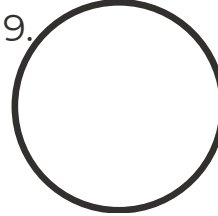
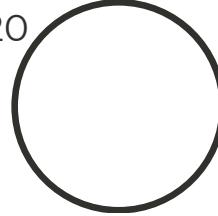
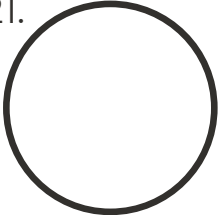
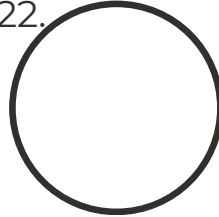
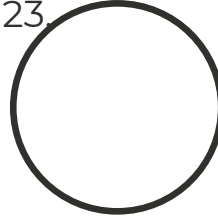
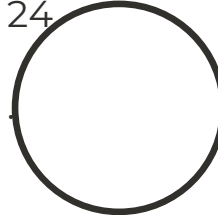
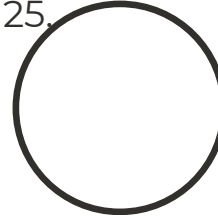
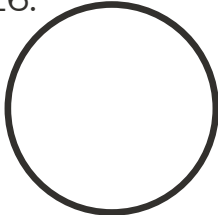
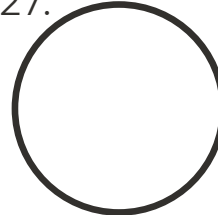
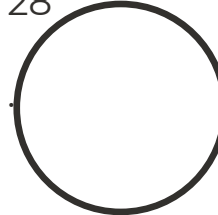
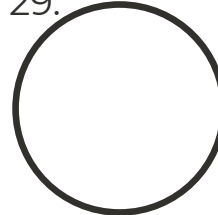
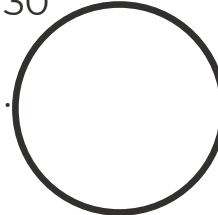
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH:

 EXCITED

 TIRED

 ANGRY

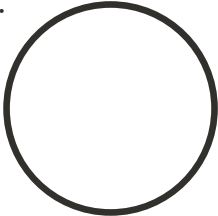
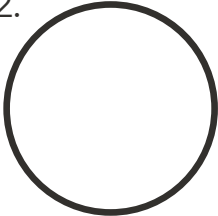
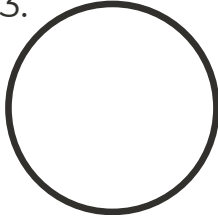
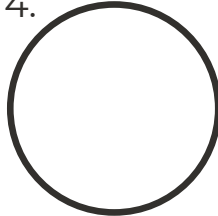
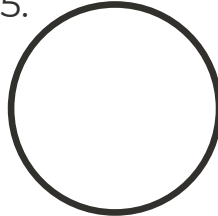
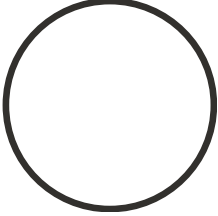
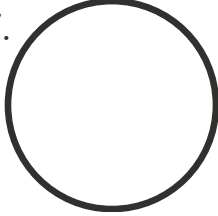
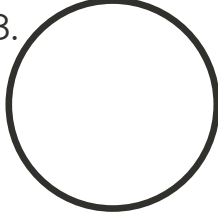
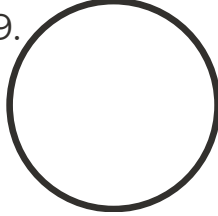
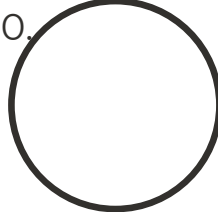
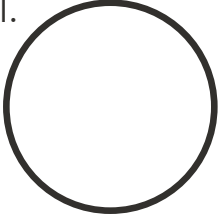
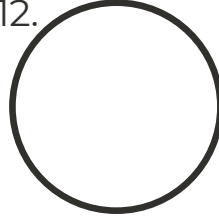
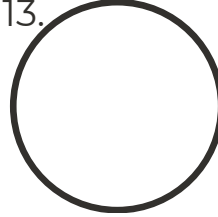
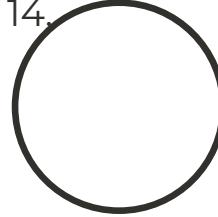
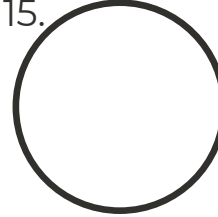
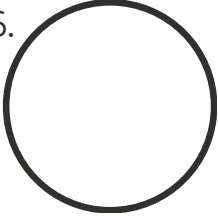
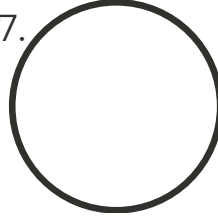
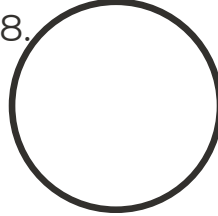
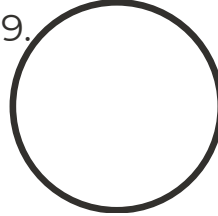
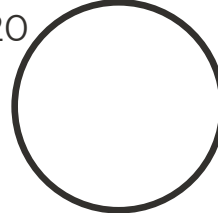
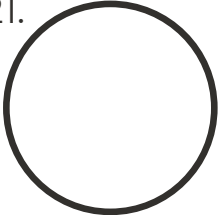
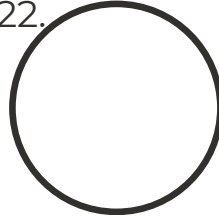
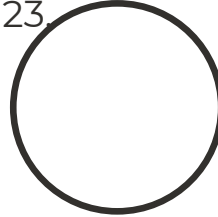
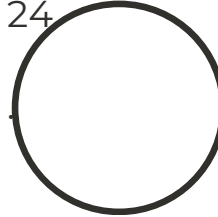
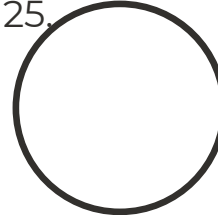
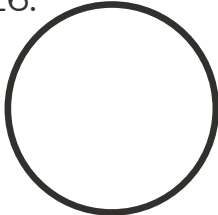
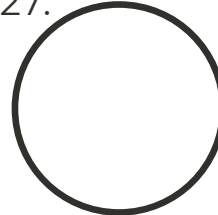
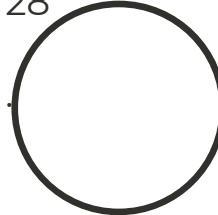
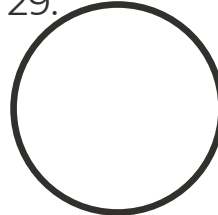
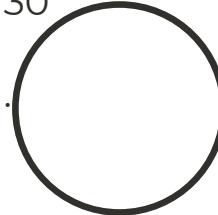
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

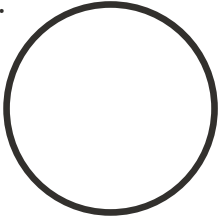
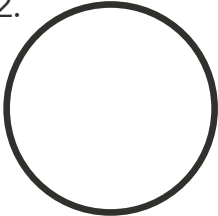
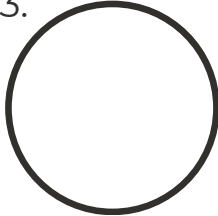
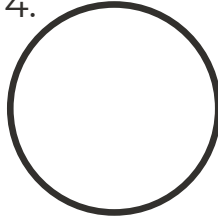
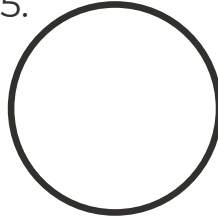
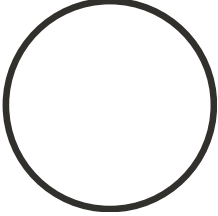
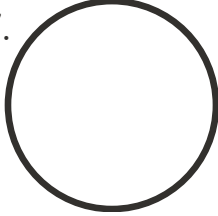
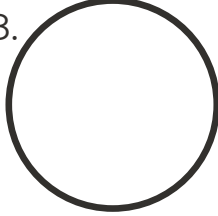
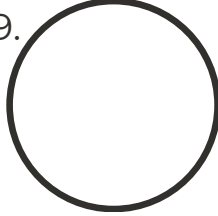
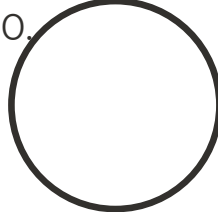
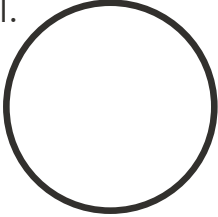
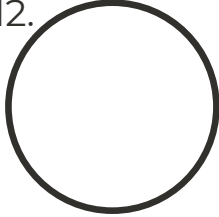
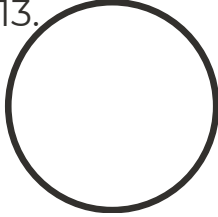
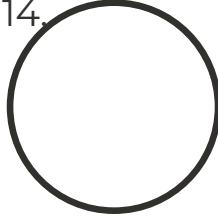
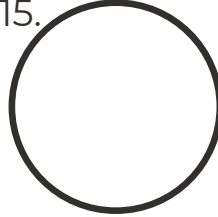
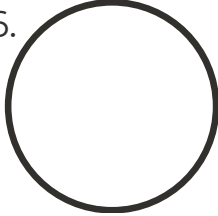
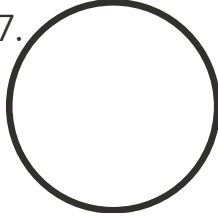
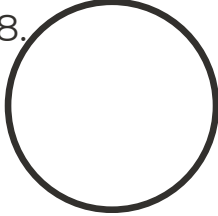
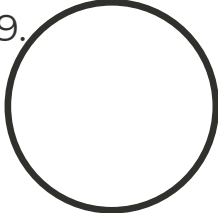
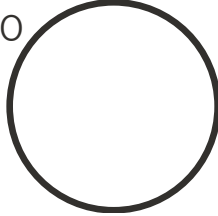
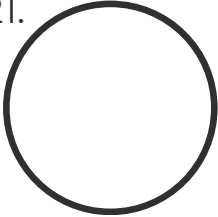
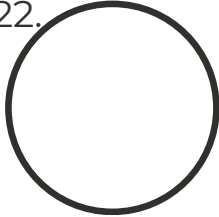
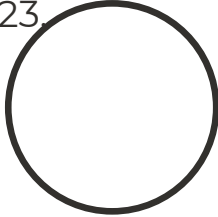
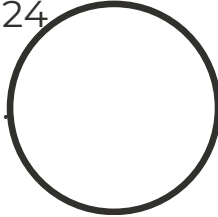
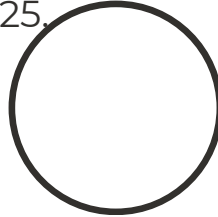
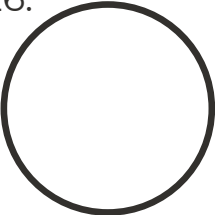
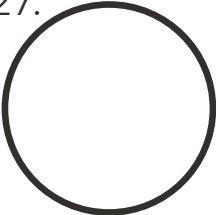
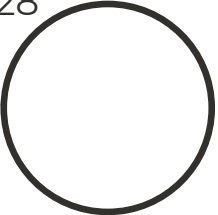
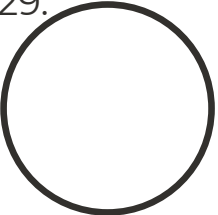
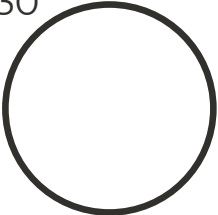
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH:  

 EXCITED

 TIRED

 ANGRY

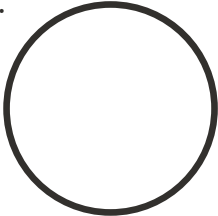
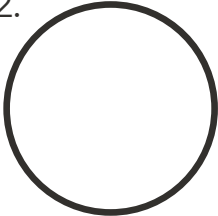
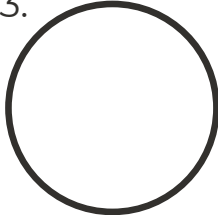
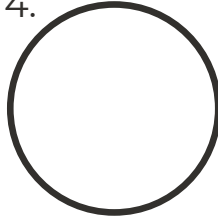
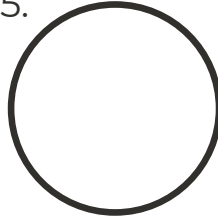
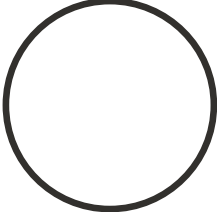
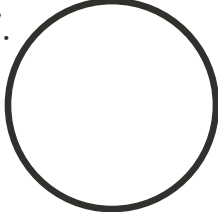
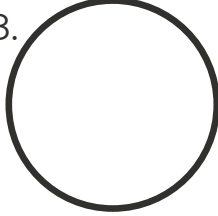
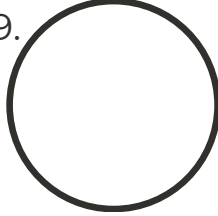
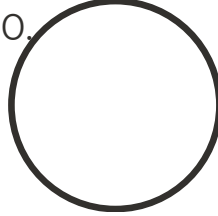
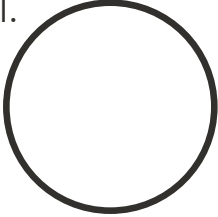
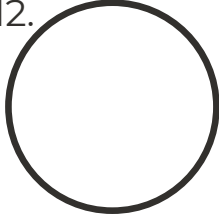
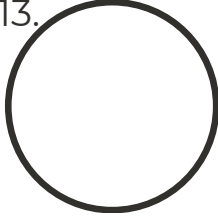
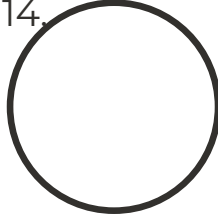
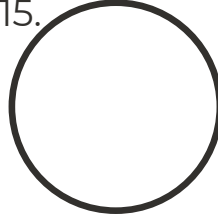
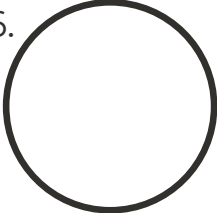
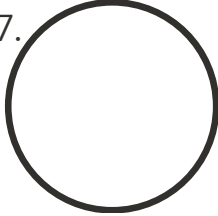
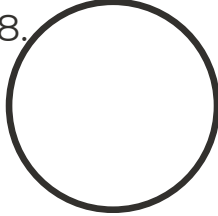
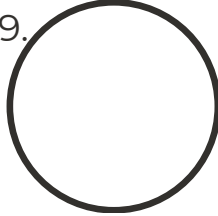
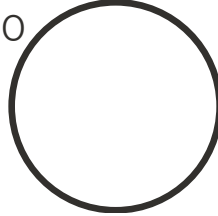
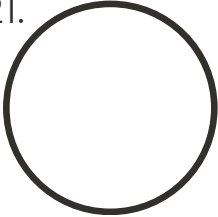
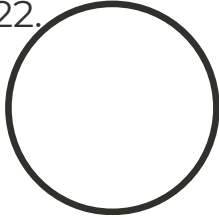
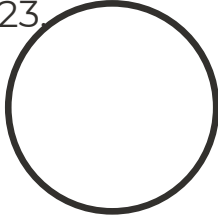
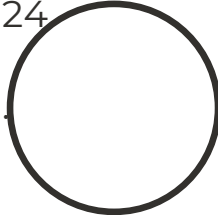
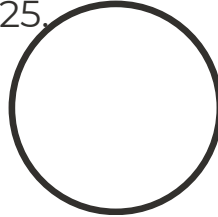
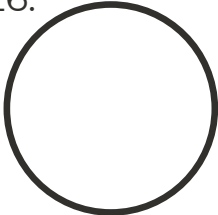
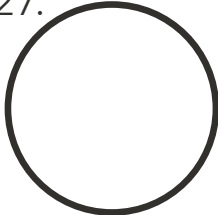
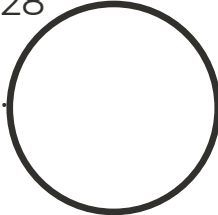
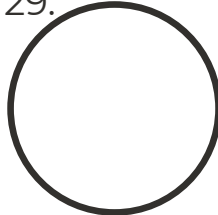
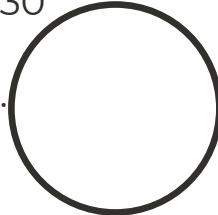
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE


1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
				



# MOOD TRACKER


MONTH: \_\_\_\_\_

 EXCITED

 TIRED

 ANGRY

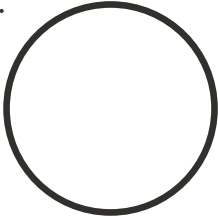
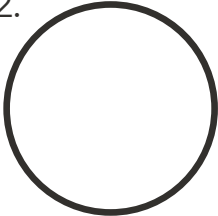
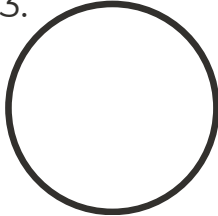
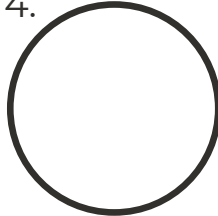
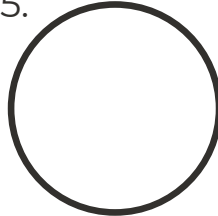
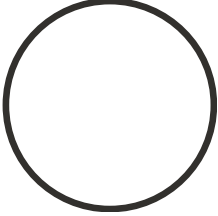
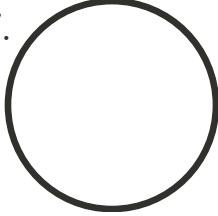
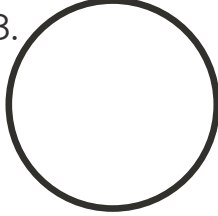
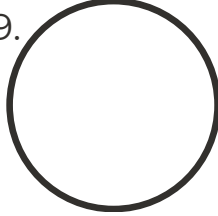
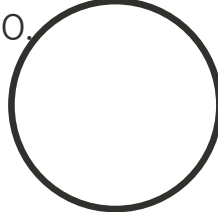
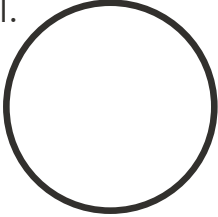
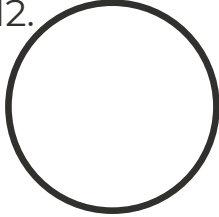
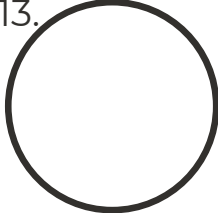
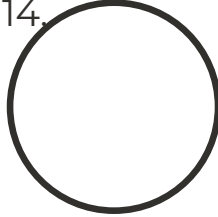
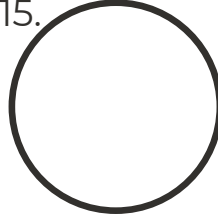
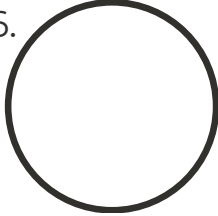
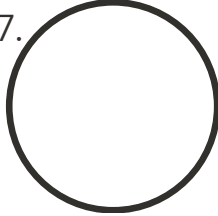
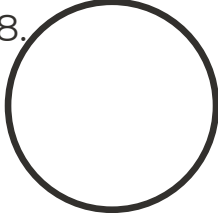
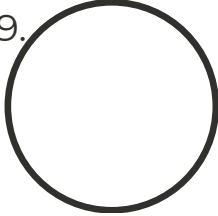
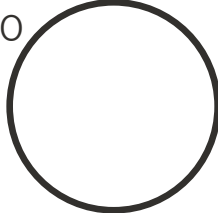
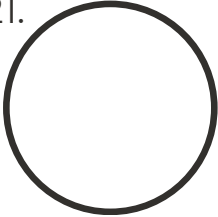
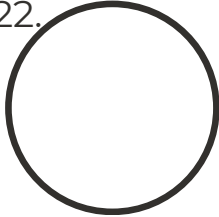
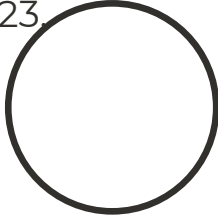
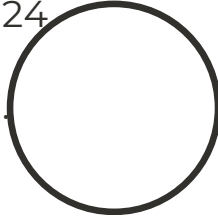
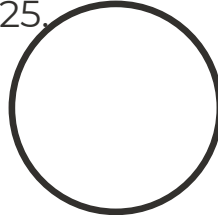
 RELAXED

 HAPPY

 SAD

 STRESSED

 PRODUCTIVE

1.	2.	3.	4.	5.
				
6.	7.	8.	9.	10.
				
11.	12.	13.	14.	15.
				
16.	17.	18.	19.	20.
				
21.	22.	23.	24.	25.
				
26.	27.	28.	29.	30.
