

## EXERCISE: Mood diary



**Why:** Understanding when you are at your best – and worst – can help you organise your day. You can then do the most important things when you are at your peak and develop ways of managing the times or tasks you find difficult.

**How:**

- Write down what you are doing and how you are feeling every two hours over a week. It doesn't matter if you miss some, or if you fill it in a few hours late. The aim is to reflect on what you are doing and how you feel over the week.
- Print out the diary and keep it with you – perhaps in your pocket or in a prominent place around the house.

# MOOD DIARY

DAY: .....

## INSTRUCTIONS:

THINK ABOUT WHAT YOU DO THROUGHOUT THE DAY, WHO ARE YOU WITH, HOW DO YOU FEEL, WHAT TASKS ARE YOU DOING? RATE EVERY 2 HRS:



## TODAY'S SCHEDULE:

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## REFLECTIONS

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.....  
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## MORNING

8 AM

10 AM

## AFTERNOON

12 PM

2 PM

4 PM

## EVENING

6 PM

8 PM

## CLOSER TO YOUR GOAL



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## WATER



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