

# DAILY MOOD LOG

Date:

Hours Slept:

## OVERALL MOOD ENERGY

Low  
Calm  
Balanced  
Elevated  
High

## DAILY HABITS

- Meditated
- Hydrated (2L+)
- Physical Activity
- Time Outdoors
- Social Connection

## GRATITUDE

## REFLECTIONS & THOUGHTS

*"Be patient with yourself. Nothing in nature blooms all year."*