

Daily Mood Tracker

Notice the patterns. Trust the progress.

The anxious or depressed mind automatically scans for what's wrong. This tracker creates a counterbalance — training your attention to notice patterns, progress, and moments of light. Use it daily for two weeks and watch what shifts.

HOW TO USE THIS TRACKER

- 1 Rate your mood**
Circle or write a number from 1 (very low) to 10 (excellent).
- 2 Note one feeling**
One word is enough. Tired. Heavy. Hopeful. Okay.
- 3 Name one moment**
Something that helped, however small. Sunlight. Coffee. A kind word.
- 4 Write one next step**
One small, doable action for tomorrow. Just one.

14-DAY TRACKER

Day	Date	Mood (1-10)	One Feeling	One Moment of Light	Tomorrow's Step
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

12					
13					
14					

WEEKLY REFLECTION

At the end of each week, look back at your entries. Ask yourself: What patterns do I notice? What helped most? What small wins can I celebrate? Awareness written down becomes evidence of growth.

"Choosing hope is not naive. It is the most courageous thing a struggling heart can do."

— *Kindle the Light, Chapter 2*