

MOOD TRACKER

[illegible]

MANTRA OF THE YEAR



KEYS

- ☐ AMAZING
 - ☐ GOOD
 - ☐ PRODUCTIVE
 - ☐ AVERAGE
 - ☐ RELAXED
 - ☐ EXHAUSTED
 - ☐ DEPRESSED
 - ☐ BORED
 - ☐ SICK

NOTES

[illegible]