

Instructions

This mood tracker is designed to help you become more aware of your emotional health — one of the four essential pillars in your journey toward total transformation.

Each day, you will log your overall emotional state by circling or colouring the corresponding number on the tracker. Use colours or symbols that best reflect your mood.

Example:

- 😊 = Yellow = Joyful / Peaceful
- 😐 = Brown = Neutral / Tired
- 😞 = Orange = Anxious / Discouraged
- 😡 = Red = Frustrated / Angry

You can also create your own system using colour pencils, emojis, or numbers to define how you felt that day.

By the end of the 66 days, you'll see patterns in your emotional responses and be able to reflect more deeply during your journaling time.

Mood Tracker Grid

Circle or fill in one each day

[Day 01] [Day 02] [Day 03] [Day 04] [Day 05] [Day 06] [Day 07]
[Day 08] [Day 09] [Day 10] [Day 11] [Day 12] [Day 13] [Day 14]
[Day 15] [Day 16] [Day 17] [Day 18] [Day 19] [Day 20] [Day 21]
[Day 22] [Day 23] [Day 24] [Day 25] [Day 26] [Day 27] [Day 28]
[Day 29] [Day 30] [Day 31] [Day 32] [Day 33] [Day 34] [Day 35]
[Day 36] [Day 37] [Day 38] [Day 39] [Day 40] [Day 41] [Day 42]
[Day 43] [Day 44] [Day 45] [Day 46] [Day 47] [Day 48] [Day 49]
[Day 50] [Day 51] [Day 52] [Day 53] [Day 54] [Day 55] [Day 56]
[Day 57] [Day 58] [Day 59] [Day 60] [Day 61] [Day 62] [Day 63]
[Day 64] [Day 65] [Day 66]