

Track your Moods and Habits with The Positive Planners



If you're anything like us, your moods can feel like they're on a bit of a roller coaster through the week - one day you're literally bouncing out of bed feeling you can take on the world and the next, you just want to pull the duvet over your head. Being on a high, in a funk or somewhere in between is completely normal, but sometimes it can be useful to take a closer look at how our moods change to see if we can find a pattern. Mood tracking is a fab way of finding out what we can do to gently nudge our moods back up the positivity scale, a little bit like keeping a balloon in the air.

You'll find monthly mood trackers in our Positive Planner and Positive Wellness Journal but what is mood

tracking and how does it help exactly? Well, it's actually incredibly simple. You simply take a moment each day to think about how you've been feeling and plot it in a grid. By adding in a habit tracker, you can then start to look at the two together and find out which activities and routines are triggers and have an influence on your moods.

A trigger is anything that's part of your experience as a human that affects you either positively or negatively. Knowing what your triggers are is so insightful and will often bring awareness to habits, behaviours, people, situations and even foods and drinks that affect your experience of life. This knowledge is a powerful

tool in being able to engineer more moments of positivity and eliminate any unnecessary negative influences from your life.

How to Track Your Moods and Habits



This worksheet gives you a way of seeing your mood in pixels: simply choose colours and words that sum up feelings for you and add these day by day to the grid to get a bigger picture of how you're feeling.

Here's the key we use in The Positive Planner for some inspiration, but you can use your own of course:

- ☀️ SUNNY/POSITIVE/HAPPY
- ☆ CALM/CONTENTED/STILL
- NUMB/DESPONDENT/UNINTERESTED
- 🌀 ANXIOUS/ON EDGE/IRRITABLE
- 💧 ANGRY/RESENTFUL/FOGGY
- ⚡ TEARFUL/SAD/BLUE

On the other grid write down the habits and routines you'd like to bring into (or out of!) your day and week. Tracking both good and not-so-good habits will

really help you see what are positive and negative triggers for you and motivate you to make some changes.

So it's as easy as grabbing your coloured pens or pencils and sitting down with a cuppa and taking some time out to just feel. It's best to do this near the end of the day; take some time to ground yourself, perhaps with a breathing exercise (you'll find some good ones in our blog Breathing Techniques for Anxiety, which you can find on our website), and reflect on your day. Think about how you've been feeling and what you've been doing.

A note on habit tracking: This isn't a test and it isn't a competition. Ticking off boxes can be hugely motivating but it can also make us feel that all progress is lost and we're failures if we miss a day and this is SO not what we're about at The Positive Planner! If you're wanting to add in new habits, choose ones that are good for you but not unattainable. Try things that you know you can do easily - running everyday, giving up sugar and doing a

digital detox all at once will test even the most motivated person, so find little habits that you can work on. Here are some ideas if you're looking for inspiration:

- DRINKING ENOUGH WATER AND STAYING HYDRATED
- GETTING OUTSIDE FOR 10 MINUTES A DAY (THIS ISN'T ABOUT A NEW EXERCISE REGIME!)
- HAVE A CHAT WITH SOMEONE OUTSIDE YOUR HOUSEHOLD
- DO SOMETHING CREATIVE
- KEEPING AN EYE ON YOUR SOCIAL MEDIA USAGE
- GETTING AN EARLY NIGHT

Monthly Habit Tracker



DAY	DATE	HABIT	HABIT	HABIT	HABIT	HABIT	HABIT	HABIT	HABIT	HABIT	HABIT
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TICK EACH HABIT
COMPLETED



Monthly Mood Tracker



DAY	DATE	MOOD	
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Key:

CHOOSE A COLOUR FOR EACH MOOD

- ☀️ SUNNY/POSITIVE/HAPPY
- ☆ CALM/CONTENTED/STILL
- NUMB/DESPONDENT/UNINTERESTED
- ⌀ ANXIOUS/ON EDGE/IRRITABLE
- 💧 ANGRY/RESENTFUL/FOGGY
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Notes or Triggers

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