

Daily Tracker

Keeping your emotions in check



Why it's helpful to track your emotions

By tracking your emotions you can set up an early warning system and method to help you recognise any pattern of stressful life events that may affect your mood, but you'll also be able to see if food and drink changes your mood in any way. anything that impacts your mood in a negative way is what we would call a trigger.

Aim to do this at the same time each day, generally at the end of the day - if your moods change a lot throughout the day then give two ratings, one in the morning and one in the evening.

How to use the tracker

Update your "How are you?" and "How was Your?" three times per day by shading in the appropriate circle.

Make notes of causes, motivators, events etc in the weekly journal space.

At the end of the week create an X-Y graph by connecting the "How are you?" mood dots from left to right. This will provide you with a visual representation of the roller coaster or flat-line that was your week.

Common influences on Mood Ratings

Boss	Coworkers	Clients	Family	Partner	Friends	Enemies	Nemeses	Headaches
Traffic	Noise	Workload	Tough Issues	Coffee Intake	Hunger Level	No Chocolate	Weight Gain	Sleeplessness
Messiness	Rudeness	Chaos	Bedlam	Current Events	No Lotto Win	Empty Wallet	Annoying Jokes	Weather

Coach Carly xx

<i>Cause & Motivators of High Ratings</i>	<i>Cause & Motivators of Medium Ratings</i>	<i>Cause & Motivators of Low Ratings</i>
<i>Did you notice any changes in your mood after consuming particular food or drink?</i>	<i>Did you take any medication or use any drugs or alcohol this week? How did that affect your mood?</i>	<i>What emotions have you experienced this week?</i>
<i>What kind of positive and negative self talk have you had this week?</i>	<i>How did you spend your time this week? Did anything significant happen?</i>	<i>How many hours did you sleep last night, and was it a good quality sleep?</i>
<i>Make any notes here about what things, people, places or foods affected your mood, both positive and negative.</i>		

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