



Mood & Weather Reflection Worksheet

Track how your environment affects your mental and emotional well-being



Today's Date: _____



Location/Environment:

- ☐ Indoor
 - ☐ Outdoor
 - ☐ City
 - ☐ Nature
 - Notes (Where are you today?): _____
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Weather Check:

- ☐ Sunny
- ☐ Cloudy
- ☐ Rainy
- ☐ Snowy
- ☐ Windy
- ☐ Humid
- ☐ Cold
- ☐ Hot

Temperature: _____ °C / °F

Time Spent Outside: _____ minutes

Mood Check-in:

Circle or highlight what applies.

- Energy Level: ⚡ High / 🛌 Low
 - Mood: 😊 Happy / 😐 Neutral / 😞 Sad / 😡 Irritable / 😰 Anxious
 - Focus: 🔍 Clear / 🌫️ Foggy / 🧠 Distracted
 - Body Sensation: 😌 Relaxed / 🧱 Heavy / 🤯 Overstimulated / 🧊 Numb
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Reflection Prompts:

1. *How do you feel today emotionally and physically?*

2. *Do you think the weather had anything to do with your mood? Why or why not?*

3. *What small comfort or habit helped you today (or could help)?*

Ideas for Next Time:

- ☐ Open windows for sunlight
- ☐ Add cozy elements (blanket, warm drink)
- ☐ Use essential oils or calming sounds
- ☐ Take a walk or step outside briefly
- ☐ Reach out to someone
- ☐ Journal, rest, or reflect