Mood diary

A short daily record that, after two weeks, shows a pattern you can't see from the inside.

> Fill this in **twice a day**, morning and evening. Don't deliberate — the first rating is usually the most honest. After two weeks, don't look for the cause of a single day; look for **repetitions**: day of the week, time, person, situation.

Week 1

DATE	MORNING 1–10	EVENING 1–10	SLEEP H / 1–5	EVENT OF THE DAY	WHERE IT WAS TIGHT

Week 2

DATE	MORNING 1–10	EVENING 1–10	SLEEP H / 1–5	EVENT OF THE DAY	WHERE IT WAS TIGHT

What I notice after two weeks

Which days were lowest, and what did they have in common?

What repeated at least three times?

One thing I'll change next week