



# Annual Mood Tracker



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Possible Moods To Track

Sad, Happy, Excited,  
Angry, Grateful,  
Frustrated, Cheerful,  
Nervous, Proud, Irritated,  
Loving, Depressed, Guilt,  
Calm, Lonely, Hopeful,  
Worried, Content,  
Stressed, Peaceful, Hurt,  
Relaxed