MY MOOD



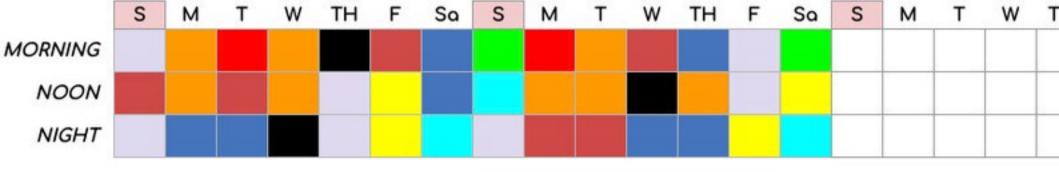








JANUARY



MY JOURNAL

my most common emotion...

I cycle through many emotions. Mainly irritated at the start of the workweek with a dip mid-week and closing the week more carefree, bored yet happy. Intesting to see how often my emotions change.

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I notice if I overwork during the day, I shut dow

at night; which can also be the opposite.

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