

MY MOOD ~ C



anxious



irritated



angry



bored



sad/depress

JANUARY

	S	M	T	W	TH	F	Sa	S	M	T	W	TH	F	Sa	S	M	T	W	T
MORNING																			
NOON																			
NIGHT																			

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. Interesting to see how often my emotions change.

patterns I am noticing...

I notice if I overwork during the day, I shut down at night; which can also be the opposite.

I want to improve on...