

She Who Plans: Mood Tracker



Name:

This guide is designed to help you go beyond tracking your mood and start understanding it.

Use these pages alongside your mood tracker to reflect on how you've been feeling, what may be influencing your emotions, and what you need to support yourself moving forward.

You can complete these pages weekly or monthly—whatever feels right for you. Take your time, be honest, and don't overthink your answers.

Some days will feel clear, others may not—and that's okay. The goal isn't perfection, but awareness.

The more you begin to recognise patterns in your mood, the easier it becomes to respond to yourself with intention, rather than feeling overwhelmed or out of control.

Monthly Mood Reflection

How has my mood been overall this month?

- **What emotions showed up most?**
- **Has my mood been stable or up and down**

Mood Triggers & Patterns Page

What influenced my mood the most?

- People
- Environment
- Stress / responsibilities
- Lack of rest / time for self

When did I feel my best? Why?

When did I feel my lowest? Why?

What triggers low moods for me?

- Situations
- People
- Thoughts

What improves my mood?

- *Activities*
- *Time alone*
- *Movement*
- *Talking*

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Emotional Check-In (Quick Use Page)

How do I feel right now?

Why do I feel like this?

What do I need in this moment?

Your Self-Support Plan

When I feel overwhelmed, I will:

When I feel low, I will:

When I feel anxious, I will:

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Weekly Mood Check

How has my mood been this week?

What affected it the most?

What do I need more of next week?

Your Next Step

You've taken the time to understand your mood and reflect on how you've been feeling—and that's a powerful step.

But awareness is just the beginning.

To continue supporting yourself, it's important to have tools that help you stay consistent, create structure, and manage your day-to-day life alongside your emotions.

If you're ready to go deeper:

Explore our planners and printable tools designed to help you organise your time, manage your priorities, and stay aligned

Continue building routines that support both your wellbeing and your responsibilities

*Join a **She Stands session** for guidance, support, and accountability*

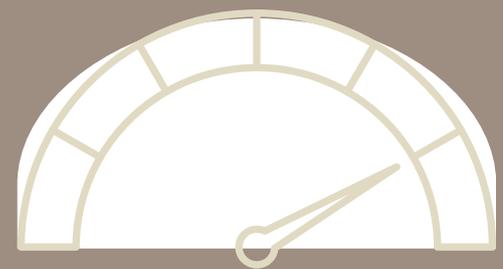
Keep Moving Forward

Understanding yourself is powerful—supporting yourself daily is what creates real change.



Teacher MOOD

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- Low
- Extremely Low

Year Reflection
