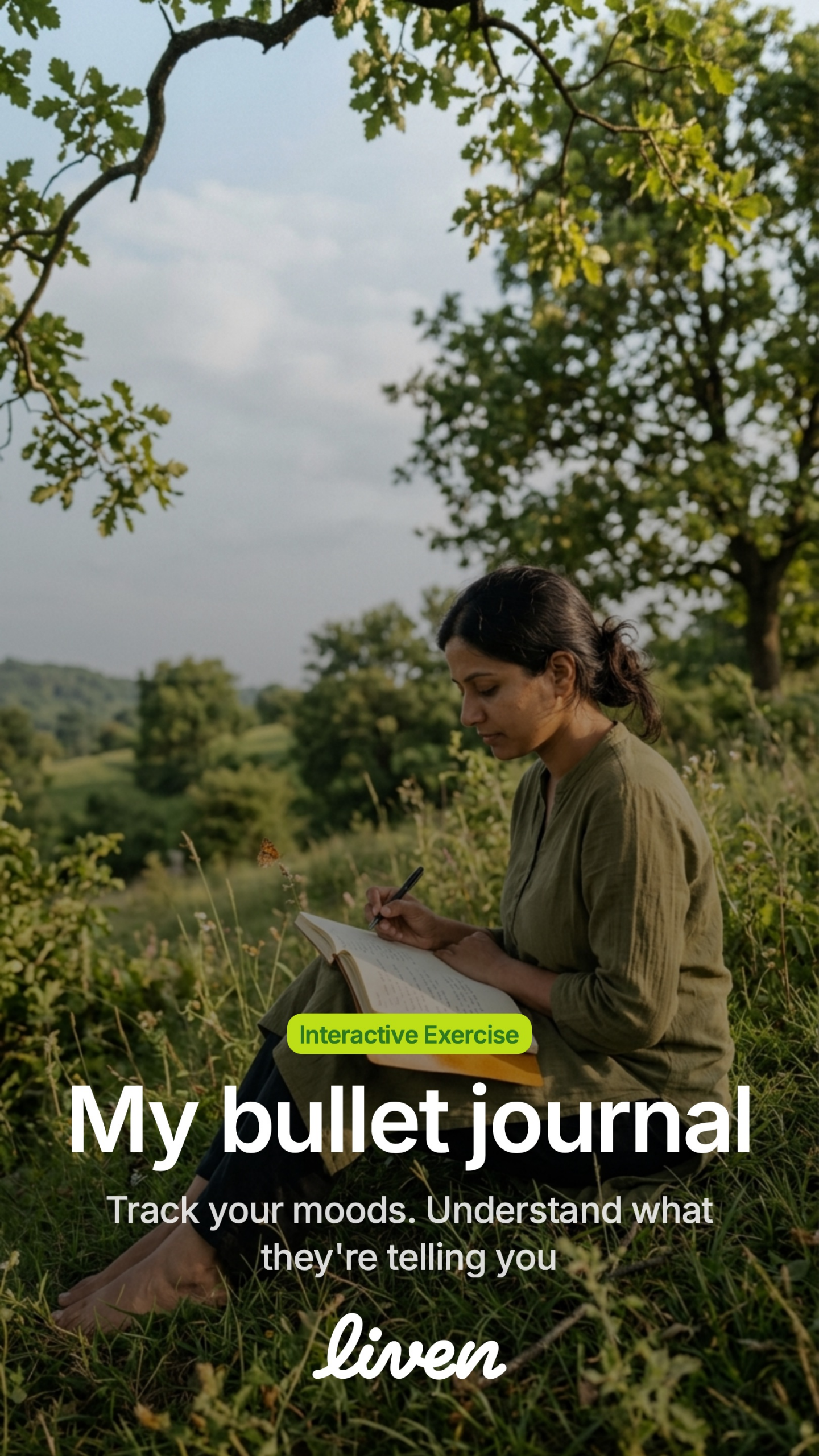


A woman with dark hair tied back, wearing a green long-sleeved shirt, is sitting barefoot in a field of tall grass and wildflowers. She is holding a pen and writing in an open notebook. The background shows a lush green landscape with trees and a blue sky with light clouds. A small orange butterfly is visible near the notebook.

Interactive Exercise

My bullet journal

Track your moods. Understand what
they're telling you

liven

Part I

Before You Begin

A few things to know before you start

liven



My Bullet Journal

Log your daily mood in Section 1. At the end of each week, spend five minutes on the Weekly Insight section. The monthly review ties it all together.

How to use this template

You don't need to fill this in perfectly. Even three or four entries a week build a picture over time.



Section 1 — Daily Mood Log

Log your morning mood, evening mood, energy level, and any quick notes each day.



Section 2 — Weekly Insight

Five minutes at the end of each week. The most valuable part of this journal.



Section 3 — Monthly Review

Return to this at the end of the month for the bigger picture.



Before you begin

Take a moment before diving in.

What does "knowing myself better" mean to you?

Type here...

Type here...

What would change if you actually had that?

Type here...

Type here...

Part II

Daily Mood Log

Four weeks of daily tracking

liven

Your Mood Key

Use these symbols — or create your own system.

Mood symbols:

😊 Calm and clear

🙂 Good — present and okay

😐 Flat — low energy

😡 Tense or frustrated

😓 Heavy or low

😵 Scattered and overwhelmed

🌀 Mixed — hard to pin down

You can replace any symbol with a color, a number, or your own shorthand. What matters is consistency, not perfection.

Section 1

Daily Log — Week 1

Day 1 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 1

Day 2 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 1

Day 3 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 1

Day 4 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 1

Day 5 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 1

Day 6 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 1

Day 7 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 2

Day 1 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 2

Day 2 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 2

Day 3 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

Type here...
Type here...

Notes

Type here...
Type here...

Section 1

Daily Log — Week 2

Day 4 — Date:

Type here...
Type here...

Morning mood

Type here...
Type here...

Evening mood

Type here...
Type here...

Energy (1–5)

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Section 1

Daily Log — Week 2

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Daily Log — Week 2

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Section 1

Daily Log — Week 3

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Evening mood

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Part III

Weekly Insight Check

Do this at the end of each week — it takes about five minutes and is the most valuable part of this journal.

liven

Section 2

Weekly Insight Check

Do this at the end of the week. It takes about five minutes.

Week of:

Type here...
Type here...

My most common mood this week was:

Type here...
Type here...

Situations or times that triggered a low or heavy mood:

Type here...

Type here...

Situations or times when I felt clearer or calmer:

Type here...

Type here...

Section 2

Weekly Insight Check

Something I noticed about my energy levels that I hadn't before:

Type here...

Type here...

One pattern I want to pay attention to next week:

Type here...

Type here...

**One thing I'll do differently, even
something tiny:**

Type here...

Type here...

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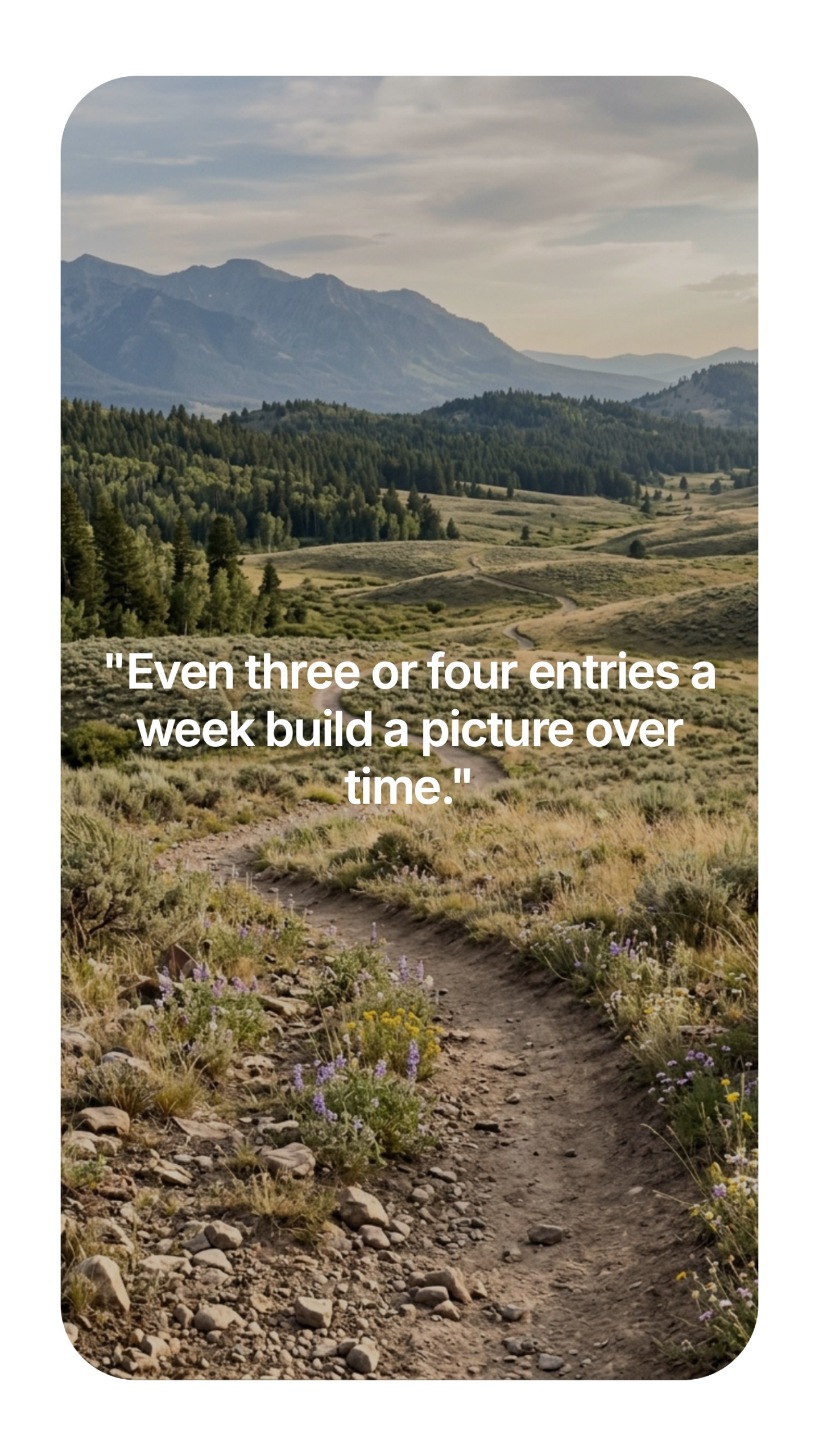
Type here...

Part IV

Monthly Review

Return to this at the end of the month.
A chance to see the bigger picture.

liven

A vertical landscape photograph with rounded corners. In the foreground, a dirt trail with many small rocks leads from the bottom center towards the middle ground. The trail is flanked by dry grass and small purple and yellow wildflowers. In the middle ground, the trail continues to wind through rolling hills covered in dense evergreen forests. In the background, large, rugged mountains rise under a sky filled with soft, grey clouds. The overall lighting is soft, suggesting late afternoon or early morning.

"Even three or four entries a week build a picture over time."

Section 3

Monthly Review

Return to this at the end of the month.

This month's dominant emotional tone:

Type here...

Type here...

Two or three things that consistently lifted my mood:

Type here...

Type here...

**Two or three things that
consistently dragged it down:**

Type here...

Type here...

Section 3

Monthly Review

One thing I understand about myself now that I didn't at the start of the month:

Type here...

Type here...

Something I want to carry forward:

Type here...

Type here...

Something I want to let go of:

Type here...

Type here...

Section 3

Reflection Space

What I'm most proud of this month

Something related to how I coped, not what I achieved.

Type here...

Type here...

What felt hard — and what did that teach me?

Type here...

Type here...

What do I want more of next month?

Not in terms of tasks, but in terms of feeling.

Type here...

Type here...

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5M 

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5-star reviews

**Knowing how you want to feel
is one thing. Getting there day
to day is another.**

A few quick questions can help you notice
what tends to pull you off course, and point
you to a few small tools to try.

Start with a test