



My Mood Diary

Monday		+ What went well today? - Have you struggled with anything today?
Tuesday		+ What went well today? - Have you struggled with anything today?
Wednesday		+ What went well today? - Have you struggled with anything today?
Thursday		+ What went well today? - Have you struggled with anything today?
Friday		+ What went well today? - Have you struggled with anything today?

Please use this space for any further comments or reflections on your week. Is there anything you could think of doing to try to help yourself?

PLEASE REMEMBER TO TALK TO A TRUSTED ADULT IF YOUR FEELINGS BECOME TOO DIFFICULT TO MANAGE.