



Daily Mood Journal Prompt

Date: _____

Time: _____

1. Current Mood Check-In

- How am I feeling right now? (Use one word or phrase)

-
- Intensity of emotion (0 = none, 10 = very strong): _____ / 10

- Physical sensations in the body:
-
-

2. Mood Influences

- What events, interactions, or thoughts may have influenced my mood today?

-
- Did anything trigger a positive emotion?

-
- Did anything trigger a negative emotion?
-
-

3. Emotional Expression

- Write freely about your feelings and thoughts today:

4. Coping and Self-Care

- How did I respond to my mood today?

- Which coping strategies helped or didn't help?

- One thing I can do tomorrow to improve or maintain my mood:

5. Gratitude & Positive Reflection

- List 1–3 things I am grateful for today:

1.

2.

3.

- One positive thing that happened today:

6. Insight / Lessons Learned

- What did I learn about my emotions today?

-
- How can I apply this insight moving forward?
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Tip: Use this prompt daily or a few times per week. Over time, you'll notice patterns, triggers, and strategies that improve emotional awareness and resilience.