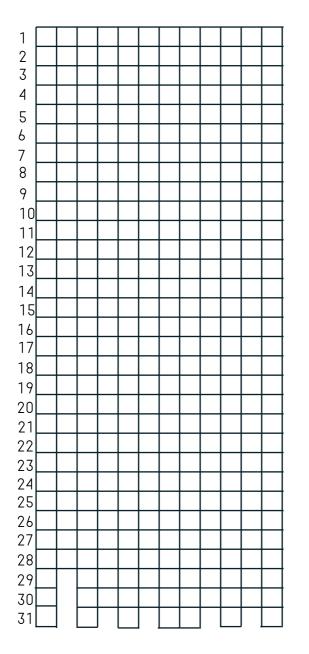
MY YEARLY MOOD





SUNDAY. THE SIXTEENTH OF JULY

" THE SECRET OF CHANGE IS NOT IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW"

- SOCRATES

MOOD RATING	EXPLAIN WHY
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GOALS WRITE ABOUT YOUR GOALS. WHETHER IT BE FOR LIFE. OR JUST FOR TODAY

FRUSTRATIONS

JUST VENT A LITTLE

MONDAY. THE SEVENTEENTH OF JULY

" EVERYONE IS IGNORANT ONLY ON DIFFERENT SUBJECTS"

-WILL ROGERS

MOOD RATING	EXPLAIN
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Carlos D	and the second sec

READING LIST

READING REDUCES STRESS AND MAKES YOU SMARTER!. CREATE A LIST OF BOOKS YOU WANT TO READ

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2.	
3.	
<u>4</u> .	
5.	
<u>6.</u>	
7	
8.	
9.	
10.	

WHAT EXACTLY DO YOU WANT TO GAIN FROM READING. WHAT DO YOU WANT READING TO MEAN TO YOU

TUESDAY. THE EIGHTEENTH OF JULY

" THE SECRET OF CHANGE IS NOT IS TO FOCUS ALL OF YOUR ENERGY. NOT ON FGHTING THE OLD. BUT ON BUILDING THE NEW"

- SOCRATES

MOOD RATING	EXPLAIN
Γ	

DRAW YOUR FAVOURITE ANIMAL

ACHIEVEMENTS

WRITE ABOUT YOUR ACHIEVEMNENTS. WHETHER THEY BE BIG OR SMALL, JUST WRITE ABOUT WHAT YOU ARE PROUD OF

GRATITUDE

WRITE ABOUT WHAT YOU ARE GRATEFUL FOR. IT COULD BE A MOVIE. A BOOK. AN EVENT OR PERSON

WEDNESDAY. THE NINETEENTH OF JULY

"THROW KINDNESS AROUND LIKE CONFETTI" - BOB GOFF WRITE CARELESSLY. ABOUT ANYTHING

JUST WRITE. ITS THAT EASY. SEE WHERE IT TAKES YOU

	EXPLAIN		
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-			
DRAW SOMETHING			

THURSDAY. THE TWENTIETH OF JULY

" SOMETIMES YOU WILL NEVER KNOW THE VALUE OF A MOMENT UNTIL IT BECOMES A MEMORY"

- DR SEUSS

MOOD RATING	EXPLAIN
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DRAW WHAT YOU ARE THINKING

FAVOURITE SONGS OF ALL TIME

REMINISCE A LITTLE

FAVOURITE THINGS ABOUT YOUR HOME TOWN

CONTINUE REMINISCING

FRIDAY. THE TWENTY FIRST OF JULY

" CONSISTENCY IS WHAT MATTERS THE MOST IN TRIGGERING SOMETHING IMPORTANT TO YOUR LIFE" - ABDUL RAUF

MOOD RATING	EXPLAIN
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DRAW WHILST LISTENING TO YOUR FAVOURITE ALBUM

EΣ	(PLAIN AS IF. SOMEONE READING HAS NO IDEA ABOUT IT
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SATURDAY. THE TWENTY SECOND OF JULY "IF YOU WANT TO VIEW PARADISE SIMPLY LOOK AROUND AND VIEW IT ANYTHING YOU WANT TO. DO IT WANNA CHANGE THE WORLD? THERE'S NOTHING TO IT	
- GENE WILDER MOOD RATING EXPLAIN	

DESCRIBE YOURSELF WHETHER IT BE MENTAL OR PHYSICAL

DESCRIBE YOUR FAVOURITE CHARACTER