

MY YEARLY MOOD

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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



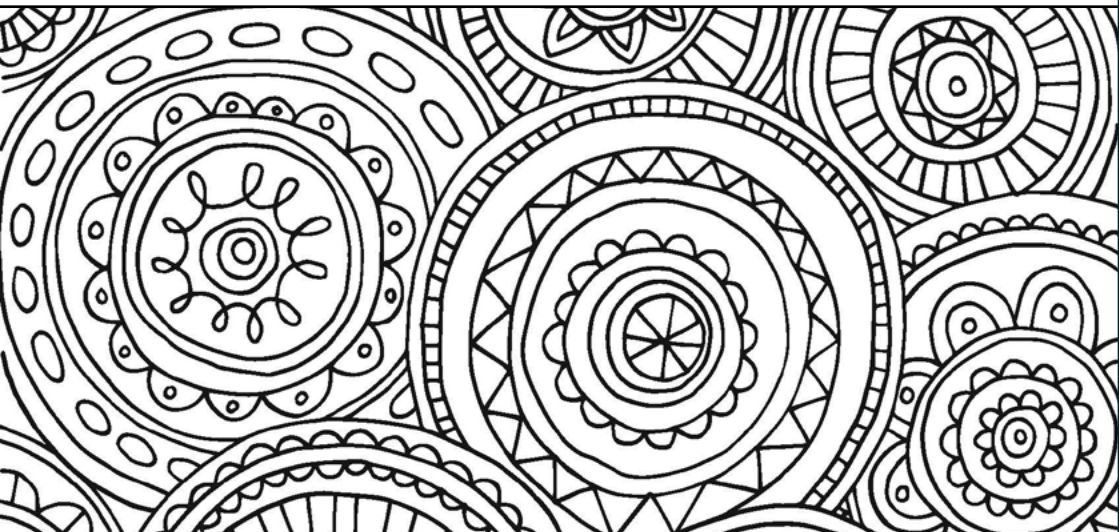
EXPLAIN WHY

GOALS

WRITE ABOUT YOUR GOALS. WHETHER IT BE FOR LIFE. OR JUST FOR TODAY

FRUSTRATIONS

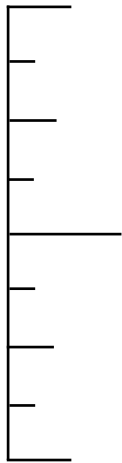
JUST VENT A LITTLE



FRIDAY, THE TWENTY FIRST OF JULY

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

MOOD RATING



EXPLAIN

Eight horizontal lines for writing an explanation, corresponding to the tick marks on the mood rating scale.

DRAW WHILST LISTENING TO YOUR FAVOURITE ALBUM

EXPLAIN YOUR HOBBIES

EXPLAIN AS IF, SOMEONE READING HAS NO IDEA ABOUT IT

A large area with multiple horizontal lines for writing an explanation of hobbies.

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

