


# August Mood Diary

*Leaves & Layers*



2025



# Leaves & Layers

Leaves that were bright green just a few weeks ago are now a pale yellow. Soon they'll turn amber, then rust, and eventually let go. And just when we'll begin to notice how bare the branches look, how still and stripped the tree seems, a soft green bud will appear — small, quiet, almost shy. No one announces its arrival. It just shows up, like it never left.

And while we're still watching that one hopeful sprout, we'll begin to see dozens more. Sprouts of new life on the very same branches we were sure had given up. The tree doesn't speak of its loneliness, its losses, or its waiting — but how can we not wonder what it thought in its silence? Did it believe the emptiness would last forever? That it would stay that way — bare, unnoticed, forgotten?



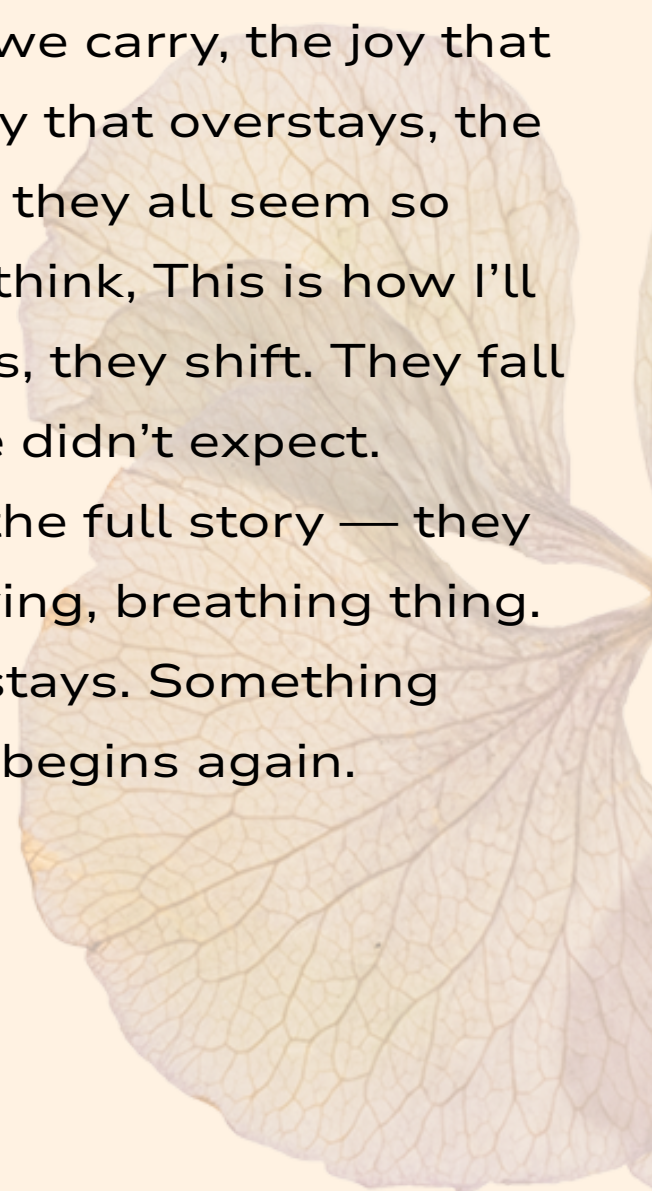
But that wasn't the case. And it never is.

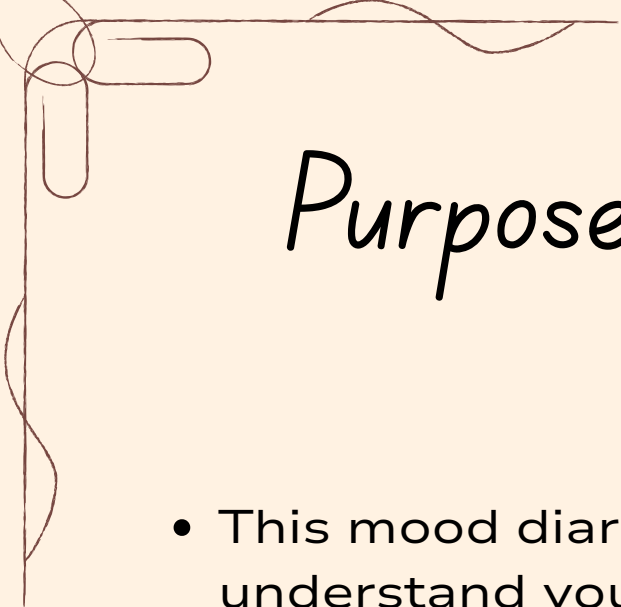
There's something about that quiet transformation that brings us face to face with our own moods.

Our emotions. The heaviness we carry, the joy that disappears too soon, the worry that overstays, the numbness we can't explain — they all seem so final while we're in them. We think, This is how I'll always feel. But like the leaves, they shift. They fall away. They return in forms we didn't expect.

Our emotional states are not the full story — they are just passing colors on a living, breathing thing.

Underneath it all, something stays. Something waits. And something always begins again.



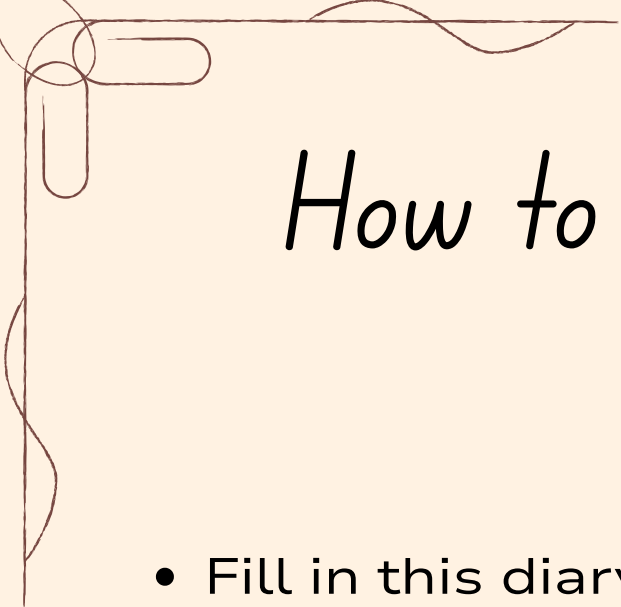


# *Purpose of the Diary*

- This mood diary is designed to help you understand yourself better—your feelings, thoughts, patterns, and triggers.
- When we track our emotions regularly, we become more aware of the connections between how we feel, what we think, and how we act.
- As CBT pioneer Dr. Aaron Beck said: "The more you understand your own thinking, the more power you have to change it."
- By noting down your moods three times a day, you'll begin to recognize emotional patterns, triggers, and the small things that support or shake your mental health. This diary is your companion for building emotional awareness, balance, and resilience—one day at a time.

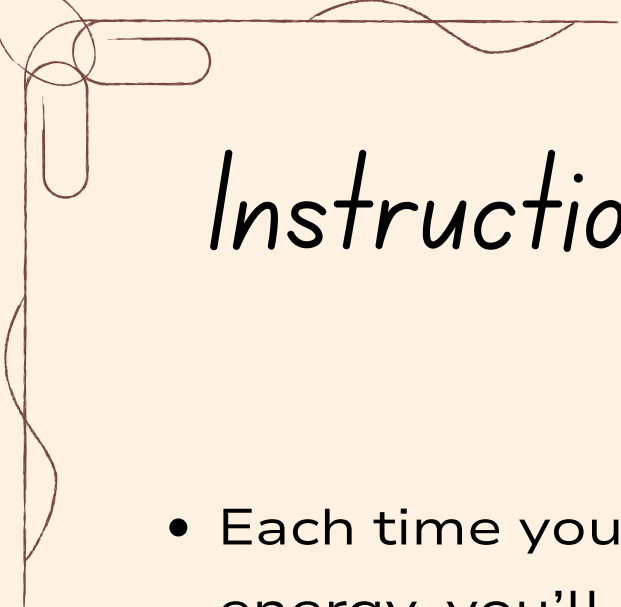






# *How to use this diary*

- Fill in this diary three times a day—morning, afternoon, and evening.
- Before each entry, take 2 minutes to pause and do **deep breathing**. This helps you connect with how you're truly feeling, without rushing or overthinking.
- Be as real and honest as you can. You're not writing for anyone else—just for your own healing.
- Try to be consistent, even on hard days. Just noticing how you feel is enough.

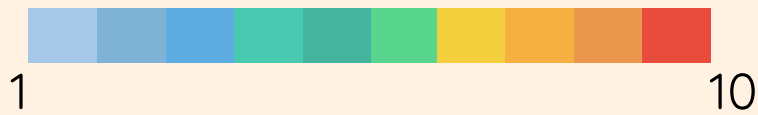


# *Instructions for marking*

- Each time you check in with your mood or energy, you'll rate it on a scale from 1 to 10.
- This helps you track how you're feeling throughout the day in a simple and measurable way.
- Your mood and energy can fluctuate throughout the day, and this 1–10 scale helps you gently observe those shifts.



# Instructions for marking



- A score of 1–3 usually reflects feeling emotionally low, tired, sad, numb, anxious, or disconnected—where even small tasks can feel overwhelming.
- Scores around 4–5 indicate a more neutral or "meh" state—you may not feel bad, but you're not especially positive either; you're functioning, but without enthusiasm.
- A 6–7 suggests you're doing okay or even fairly good—calm, focused, maybe slightly hopeful or energized.
- As you move into 8–9, you may be feeling joyful, productive, motivated, grateful, or emotionally uplifted—there's flow, energy, and lightness.
- A 10 reflects a peak state of happiness or vitality—joy, deep satisfaction, love, or a strong connection with yourself or others. Every number is valid and offers insight. The goal is not to "stay at 10" but to notice your inner world with honesty and compassion.

# Daily Planner

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