



Brenda Harris

IG: @CREATIVEBRENDA

TIPS:

Mood OR Goal TRACKER

JOYFUL
NEUTRAL
MELANCHOLY

~ CHOOSE 3 PETAL COLORS

- ✿ USE TO TRACK YOUR MOODS, EXERCISE, HEALTHY EATING, OR OTHER GOALS.
- ✿ COLOR A "PIECE" A DAY UNTIL IT'S FULL OR WHEN YOU REACH THE END OF THE MONTH, FILL IN THE REST.
- ✿ USE SHADING TO SHOW YOUR MOOD INTENSITY.
- ✿ PRINT ON HEAVY PAPER TO TURN INTO A POSTCARD OR CARD.
- ✿ WHEN YOU FINISH, SEND TO SOMEONE THAT HELPED YOU THROUGH THE MONTH!
- ✿ GLUE IN OR ATTACH TO YOUR JOURNAL OR SKETCHBOOK.