



- ☐ Excited or Optimistic
- ☐ Happy or Productive
- ☐ Calm or Content
- ☐ Stressed or Unwell
- ☐ Sad or Depressed
- ☐ Angry or Frustrated

'MANDALA MOOD TRACKER' - A4 PRINTABLE

Trim size 130mm x 190mm to suit most A5 bullet journals

TORRYN  
MARIE