

# Daily Emotional Check-In

A STRUCTURED APPROACH TO ASSESSING YOUR MOOD EVERY MORNING AND EVENING



## Morning Assessment (Set the Tone for the Day)

### Current Mood Rating

Rate your mood on a scale of 0–10: (10 being the happiest)

### Primary Emotion(s)

Check the box(es) next to the emotions you're feeling:

- Happy
- Sad
- Anxious
- Angry
- Excited
- Stressed
- Calm
- Other: \_\_\_\_\_

### Energy Level

Circle your current energy level:

Low \_\_\_\_\_ High

### Body Sensations

Describe any physical sensations you notice:

### Key Thoughts on My Mind

What thoughts are present as you start your day?

## Anticipated Stressors/Triggers Today

*What situations might challenge you today?*

## Coping Plan

*What skills will you use to manage stress?*

## Daily Intention

*State a clear, short intention for the day:*

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## Evening Reflection (Process & Evaluate)

### Overall Mood Rating

*Rate your mood at the end of the day on a scale of 0–10:*

### Most Intense Emotion Today

*Identify your most intense emotion and rate its intensity 0–10:*

Emotion: \_\_\_\_\_ Intensity:

### What Triggered My Emotions?

*Reflect on what led to your emotional response:*

### Automatic Thoughts I Noticed

*What thoughts automatically came up during the day?*

### Behavior/Response

*How did you respond to your emotions?*

### Coping Skills Used

*Check the box(es) of the skills you used:*

- Deep Breathing
- Mindfulness
- Positive Self-Talk

- Physical Activity
- Other: \_\_\_\_\_

*Write-in any additional skills used:*

### **Effectiveness of Coping**

*Rate the effectiveness of your coping on a scale of 0–10:*

### **What Worked Well?**

*What strategies were effective today?*

### **What Could I Do Differently?**

*Consider what changes might improve future experiences:*

### **Gratitude / Positive Moment**

*Reflect on a positive moment or something you're grateful for:*

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**Awareness is the first step to change—check in, reflect, and grow.**