ONE SQUARE A DAY • COLOUR IN HOW YOU FELT

2027 Year in Pixels

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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My colour key

- Amazing
- Good
- Okay
- Tired
- Anxious
- Sad
- Angry
- _____

A LITTLE CHECK-IN AT THE END OF EACH MONTH

Monthly Mood Reflection

2027 • what lifted me, what drained me, one thing to try

colour the circles: how many good weeks did you have?

January ○○○○○

Lifted me:

Drained me:

Try next:

February ○○○○○

Lifted me:

Drained me:

Try next:

March ○○○○○

Lifted me:

Drained me:

Try next:

April ○○○○○

Lifted me:

Drained me:

Try next:

May ○○○○○

Lifted me:

Drained me:

Try next:

June ○○○○○

Lifted me:

Drained me:

Try next:

July ○○○○○

Lifted me:

Drained me:

Try next:

August ○○○○○

Lifted me:

Drained me:

Try next:

September ○○○○○

Lifted me:

Drained me:

Try next:

October ○○○○○

Lifted me:

Drained me:

Try next:

November ○○○○○

Lifted me:

Drained me:

Try next:

December ○○○○○

Lifted me:

Drained me:

Try next:

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