

# WEATHER of the MIND

## Monthly Charts

5-minute ritual each evening. Reflect on the day and record 3 numbers to represent the general emotional states. Use these charts or simply design your own.

### The Calm Breezes

**-3 to +3** the usual ebbs and flows, ambivalent or mild emotions, still to light breezes

### The Strong Winds

**+4 to +7** strong positive emotions, strong winds supporting us

**-4 to -7** strong negative emotions, strong winds opposing us

### The Storms

**+8 to +10** thought dominated by positive emotions, mania, overwhelming storms

**-8 to -10** thought dominated by negative emotions, depressive or anxious, overwhelming storm

**Examples:** **Apr 1 Wed** +3/ +2/ -3 healthy cooking, long walk, stressful evening, too much news

**Apr 7 Tues** +2 morning walk, cook lots / +4 good work groove / +3 Skype w brother, movie

**Apr 1 Wed** \_\_\_\_\_

**Apr 2 Thu** \_\_\_\_\_

**Apr 3 Fri** \_\_\_\_\_

**Apr 4 Sat** \_\_\_\_\_

**Apr 5 Sun** \_\_\_\_\_

**Apr 6 Mon** \_\_\_\_\_

**Apr 7 Tue** \_\_\_\_\_

**Apr 8 Wed** \_\_\_\_\_

**Apr 9 Thu** \_\_\_\_\_

**Apr 10 Fri** \_\_\_\_\_

**Apr 11 Sat** \_\_\_\_\_

**Apr 12 Sun** \_\_\_\_\_

**Apr 13 Mon** \_\_\_\_\_

**Apr 14 Tues** \_\_\_\_\_

**Apr 15 Wed** \_\_\_\_\_

**Apr 16 Thu** \_\_\_\_\_

**Apr 17 Fri** \_\_\_\_\_

**Apr 18 Sat** \_\_\_\_\_

**Apr 19 Sun** \_\_\_\_\_

**Apr 20 Mon** \_\_\_\_\_

**Apr 21 Tues** \_\_\_\_\_

**Apr 22 Wed** \_\_\_\_\_

**Apr 23 Thu** \_\_\_\_\_

**Apr 24 Fri** \_\_\_\_\_

**Apr 25 Sat** \_\_\_\_\_

**Apr 26 Sun** \_\_\_\_\_

**Apr 27 Mon** \_\_\_\_\_

**Apr 28 Tue** \_\_\_\_\_

**Apr 29 Wed** \_\_\_\_\_

**Apr 30 Thu** \_\_\_\_\_