

# **Mood Journal**

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### **Mood Journal**

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#### **Mood Journal MRsCHADT**

The mood journal was designed to be a safe place for you to summarize, record, and jot down personal and private thoughts about yourself, your feelings, your frustrations, and your elations. Goals of this journal: To provide a safe place to express yourself daily. To create healthy habits in maintaining a healthier lifestyle. To help you to identify and trace events and patterns in your life that contributes to your mood shifts. \*\*\*

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