



FREE RESOURCE • HOPE CONNECTION THERAPY CO.

Monthly Mood Calendar

Recover Hope. Renew Your Mind. Restore Connection.

Month: _____ Year: _____

Each day, **color or draw a face** in the circle that matches your mood using the scale below. At a glance, this helps you and your therapist see patterns over the whole month — not just one hard day.

MOOD SCALE



1
Struggling



2
Low



3
Okay



4
Good



5
Great

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

END-OF-MONTH REFLECTION

What patterns did you notice this month? What supported your good days?



See a pattern worth talking through?

A month of mood tracking often says more than any single day. If you're a current client, bring this calendar to your next session — if you're not yet, we'd love to help you build on these skills. Schedule a follow-up appointment or browse more free tools like this one on our website.

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