



Morning Mood

Our mood when we wake in the morning can establish the momentum for the day. This form is for recognizing our morning mood. Then thinking through the possible consequences of our morning mood and deciding if we want to attempt to change that mood. As you wake in the morning take this form and write down your thoughts and feelings. Write down whatever comes to mind. There is no right or wrong answers, be honest.

I feel _____

Physical consequence _____

Mental consequence _____

Emotional consequence (The emotional component requires more feeling then reasoning. Pay attention to how you feel.) _____

Present stressors in my life _____

DESIRED CHANGES IN ACTION, THOUGHTS OR BELIEF. _____

PERCIEVED NEW AFFECT

PHYSICALY _____

MENTALY _____

EMOTIONALY _____

SPIRITUALY _____

How would i feel about myself if i enacted this change? _____

Do you intend to create this positive change? Will I create this positive change? _____

When will you allow yourself to change? Will I allow myself to feel positive change now? _____

Now imagine the day with the intended change. Visualize the day with these positive mood. Feel the emotion of the moment. Hold onto this visual and emotional state for a least one minute.

Write down how you feel _____

Write down the short and long term benefits of this change _____

Please be patient and kind. Personal change takes time. Our attempts to improve ourselves requires perseverance. Keep Learning.