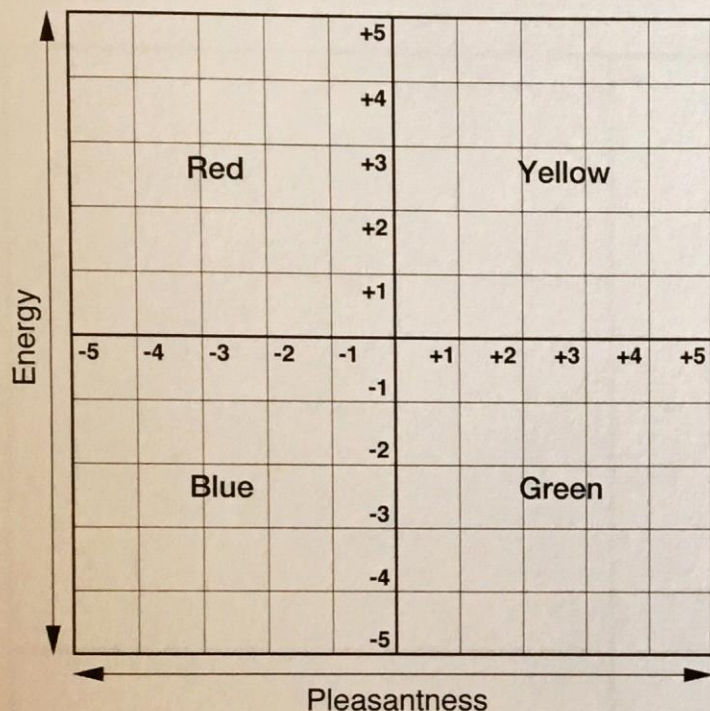


Mood Meter Check-in

1. Plot where you are on the Mood Meter.



2. What caused you to have these feelings?

3. What word(s) currently describe how you are feeling?

4. How are these feelings being expressed right now?

5. What strategy will you use to maintain or shift these feelings so you get the most out of today?