



## Your Current Mood Distribution Worksheet

Now imagine you're forced to lump your days into four different categories. By working through this exercise for ten days, you'll get a visual snapshot of your current mood distribution.

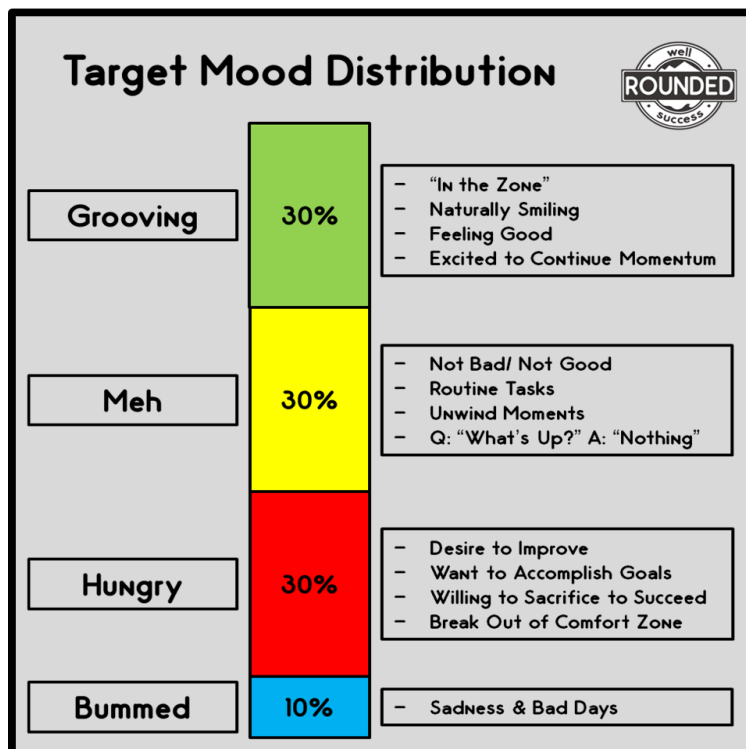
Why is this important? With crafted digital personas that we see online of our connections, we witness everyone in aggrandized states showcasing their fantastic experiences and accomplishments. This exercise helps you regain focus that life consists of a range of emotions.

### Directions for Exercise

1. Print out this sheet and keep it by your bed.
2. Before you slumber, imagine someone asking, "How was your day?"
  - a. You're now forced to reflect on the day in these four categories.

G – Grooving	M – Meh	H – Hungry	F – Bummed
<i>*reference the below graphic to help you understand each of these categories</i>			

3. Mark a percentage in each column and make sure they add to 100% for the day.
  - a. It's okay if one day is marked with 0%.
4. At the end of the ten days, add up your days and then divide by ten to reach your average percentage for each category.
5. You will now have an insightful data point which represents your current mood distribution.
6. Recognize where you're doing well and where you can improve.





# Your Current Mood Distribution

	Grooving	Meh	Hungry	Bummed
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
<b>TOTAL</b>				
<b>AVERAGE</b>				

<p><b>≥ 30% Grooving: Flying High</b> You're in a good spot right now and keep up that momentum!</p>	<p><b>&lt; 30% Grooving: Need to Improve</b> Find ways to excite your life. You're not smiling enough.</p>
<p><b>&gt; 30% Meh: Need to Improve</b> Life's about experiencing, not floating. Find ways to get to your Grooving state which might mean you need to get Hungry!</p>	<p><b>&lt; 30% Meh: Reflect</b> Are you forgetting about routine tasks that you're putting off? Responsibilities seem to be on our To-Do lists for multiple days.</p>
<p><b>&gt; 30% Hungry: Reflect</b> Don't drive yourself to a heart attack! You're not enjoying the Grooving state that you're trying to reach.</p>	<p><b>&lt; 30% Hungry: Need to Improve</b> Where are you trying to go? What do you want? How are you going to get there? Find ways to get yourself motivated.</p>
<p><b>≤ 10% Bummed: Phew</b> You're in a good state right now. Try reaching out to someone who might not be in the same state.</p>	<p><b>&gt; 10% Bummed: Reflect</b> Life might be throwing you curveballs. Consider getting some help or finding healthy outlets from your current dark time.</p>