

UNDATED PLANNER

My Mood Patterns

Notice gently. Respond with care.

DEVICE

CALENDAR

WEEK START

iPad 11-inch / Goodnotes

Undated

Monday

YEAR AT A GLANCE

01 January	02 February	03 March	04 April
05 May	06 June	07 July	08 August
09 September	10 October	11 November	12 December

INCLUDED

12 months - 52 weeks - Goals - Habits - Notes

Layout - habit-board week - intentions month

WEEK INDEX	THIS WEEK	THIS MONTH	ORIENT
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MONTH 1

Mood Month

W	MON	TUE	WED	THU	FRI	SAT	SUN
01	W1						
02	W2						
03	W3						
04	W4						
05	W5						

WEEKS

W1

W2

W3

W4

W5

PATTERNS / SUPPORT TO NOTICE

DATES / CHANGES / CARE

WEEK 1

Mood Week

Notice emotions, energy, context, and support without turning a human week into a score.

HOW THE WEEK FEELS	SUPPORT TO PROTECT	QUESTION TO CARRY
MON FEEL / CONTEXT / RESPONSE 1		EMOTIONS
TUE FEEL / CONTEXT / RESPONSE 2		
WED FEEL / CONTEXT / RESPONSE 3		ENERGY / SLEEP
THU FEEL / CONTEXT / RESPONSE 4		
FRI FEEL / CONTEXT / RESPONSE 5		CONTEXT
SAT FEEL / CONTEXT / RESPONSE 6		
SUN FEEL / CONTEXT / RESPONSE 7		SUPPORT / CARE

ORIENT

Start With Care

Choose what you want to observe, what helps you feel safe, and when outside support matters.

WHAT I WANT TO UNDERSTAND

WORDS THAT FIT MY EXPERIENCE

SUPPORTIVE PEOPLE

GROUNDING OPTIONS

SIGNS TO SEEK HELP

NEXT CARE CONVERSATION

OBSERVE

Daily Mood Log

Name the strongest feelings, their intensity in your own terms, the context, and what helped.

DATE / TIME	FEELING WORDS	INTENSITY	CONTEXT	RESPONSE / SUPPORT