

## **Mood Design 101**

### **Changing Your Mood One Word & One Day At a Time**

#### **Identify the Feelings**

I'm not feeling so great; I sure wish I felt better.

What am I feeling right now?

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What thoughts am I thinking that are causing me to feel this way?

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#### **Create-Be The Author of Your Own Mood**

If I could pick ONE WORD to describe the mood I'd like to have today, it would be (this is my Word of the Day):

What thoughts can I think in support of my Word of the Day?

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What are some things I can do give life to my Word of the Day?

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What one thought or action can I give the boot to that isn't in line with my Word of the Day?