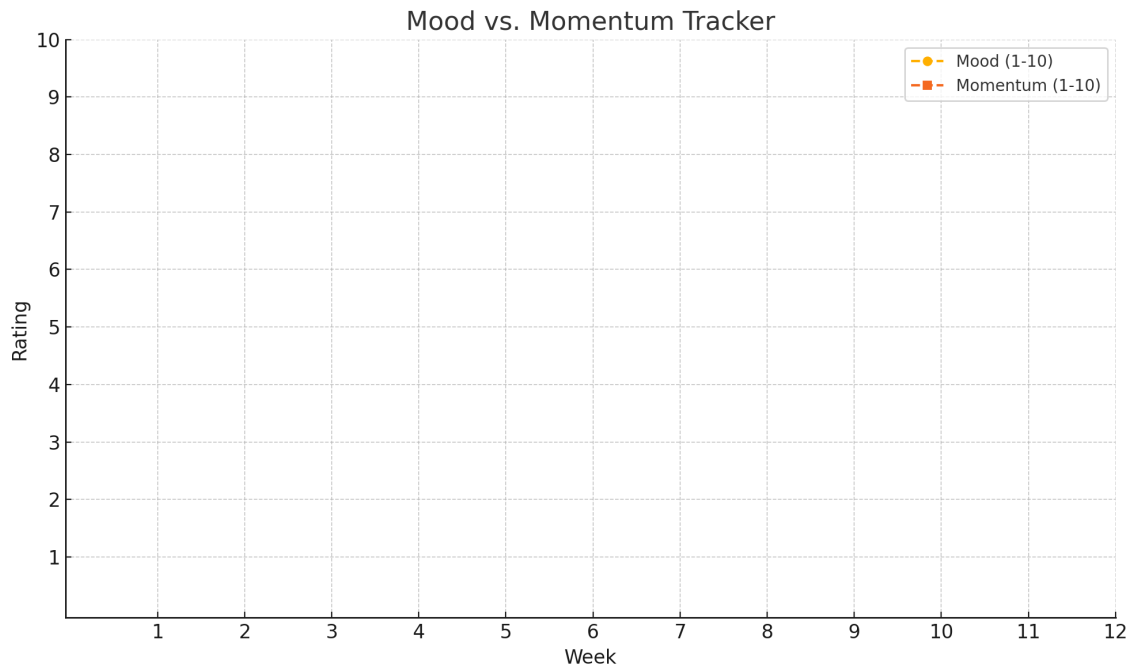


Mood vs. Momentum Graph Worksheet

Use this worksheet weekly to track your emotional state (Mood) and sense of productivity (Momentum). Rate each on a scale from 1 to 10 and plot them on the graph below. Over time, patterns will emerge.



Instructions:

- Mood: Rate your overall emotional state this week (1 = low, 10 = high).
 - Momentum: Rate how much progress you feel you made toward your goals (1 = none, 10 = full throttle).
 - Plot these two ratings each week to reflect on how your feelings and actions interact.
- This tool transforms emotions into data and supports emotional resilience and self-awareness.

Real-Life Insight:

Even on weeks where you rate your mood as a 4, you might still score an 8 in momentum. This teaches you that emotional low points don't always mean lack of progress—and that insight is power.