



MY PERSONAL
MOOD
JOURNAL

CREATED BY

I Am What I Art by Fadwa Al Qasem

A watercolor illustration of a dark brown cat's head and tail. The cat is looking upwards, and its long tail is curved upwards. The background is a light blue and white wash.

Hello, Creative Souls.

You don't need me to tell you how your mood affects many aspects of your life. What I'm trying to do with this journal is give you a way to not only monitor or track your mood, but reflect on why your mood changes; what triggers you. What thoughts run through your mind when things go your way and when they don't. How external factors and other people impact your mood and mindset.

The objective of this journal is to help you build a better understanding of your reactions and thought processes so that you can better control your mood and mindset, and be able to direct and design a kinder, more fulfilling life for yourself and those you love.

Fadwa Al Qasem



How to use this journal

This journal is undated so you can start whenever you want.

- (1) Set your intention for the month and acknowledge your emotions over the previous month.
- (2) The left hand pages are there for you to journal, scribble, doodle, draw, collage, color; whatever you feel like. Remember, this is your personal space. There are no rules. No wrongs. And no rights.
- (3) At the top of every right page, you can fill in details about the day and date.
- (4) Tick off any of the 9 suggested mindful activities when and if you complete them.
- (5) Fill in the boxes, which are self-explanatory.
- (6) I've made lists of resources for you to use. You'll find the lists on page () in the back of this journal.





MY MONTH

ACKNOWLEDGE HOW YOU FELT LAST MONTH AND SET YOUR INTENTION FOR THE NEW MONTH.

HOW I FELT MOST OF THE TIME LAST MONTH

Blank space for writing reflections on how you felt last month.

HOW I WANT TO FEEL MOST OF THE TIME THIS MONTH

Blank space for writing intentions for the new month.



TIME
TO START!



DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 1

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 2

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 3

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 4

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 5

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 6

Date:

S/M/T/W/T/F/S

 Set intentions

 Nourishing Foods

 Moved My Body

 Journaling

 Mindful Eating

 Expressed Gratitude

 Meditation

 Went outside

 Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 7

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 8

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 9

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 10

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

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2.

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DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 11

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 12

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 13

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 14

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 15

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 16

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 17

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 18

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 19

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 20

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

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3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 21

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

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3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 22

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 23

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 24

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 25

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 26

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 27

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 28

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s)
did I attach to the above?

One thing I will change tomorrow

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 29

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DRAW / DOODLE / JOURNAL / COLLAGE / COLOR

Day 30

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

Day 31

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

EVENING REFLECTIONS

Going to bed feeling.....

Who and/or what affected my mood?

What were my thoughts and what meaning(s) did I attach to the above?

One thing I will change tomorrow

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

FINAL REFLECTIONS



Well done on completing this month's journal. If you want, it's a good idea to start another. But for now, spend some quality time reflecting on your experience. What you have learned about yourself?

Ask open-ended questions: What can I do better next month? What can I do to maintain a calm mindset? What do I need to learn to cope better with the circumstances in my life? What can I do more of? What should I do less of?

Remember, this is your private space. Be honest with yourself. Don't be afraid of any shortcomings - we all have them. It's brave to recognize them, and to learn to be resilient. Look back only to see how much better you are doing today.

Fadwa Al Jassem



Final Reflections

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE

A large, empty rectangular box intended for the user to write their reflections.



Final Reflections

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL



YOUR RESOURCES

Resources

01

LIST OF FEELING AND EMOTIONS TO HELP YOU BE SPECIFIC.

Consult this list as needed and use the words that best describe your mood and emotions.

02

LIST OF COLORS

For the doodle / draw / journal / collage / color pages. Consult this list of colors and use the ones that best describe your state at any given moment.

03

LIST OF QUOTES

Choose your own quotes. Use the same quote over and over. Or pick and choose from those offered here.

04

LIST OF THINGS TO DO WHEN FEELING DOWN

A few suggestions. Try them out. Add your own. Whatever works!

Feelings & Emotions

Accurately describe your feelings

- **Afraid:**
 - terrified
 - panicked
 - frozen
 - worried
 - scared
 - shaky
 - nervous
 - disturbed
 - alarmed
 - dreading
 - restless
 - anxious
- **Angry**
 - bitter
 - critical
 - mean
 - sadistic
 - spiteful
 - hostile
 - seething
 - furious
 - violent
 - aggressive
 - loud
 - sarcastic
- **Depressed**
 - empty
 - desperate
 - miserable
 - grumpy
 - cranky
 - down
 - moody
 - touchy
 - no energy
 - hopeless
 - powerless
 - pessimistic
- **Helpless**
 - weak
 - sick
 - pathetic
 - trapped
 - useless
 - inferior
 - doomed
 - paralyzed
 - alone
 - overwhelmed
 - distressed
 - fidgety
- **Alive**
 - playful
 - energetic
 - wonderful
 - funny
 - great
 - giving
 - active
 - excited
 - enjoying
 - optimistic
 - courageous
 - exhilarated
 - liberated
- **Confused**
 - lost
 - doubtful
 - hesitant
 - disillusioned
 - conflicted
 - uncomfortable
 - tense
 - uneasy
 - unsure
 - distracted
- **Happy**
 - joyful
 - delighted
 - ecstatic
 - mellow
 - sunny
 - cheerful
 - rapturous
 - glad
 - thankful
 - elated
 - lighthearted
 - overjoyed
- **Hurt**
 - wronged
 - suffering
 - insulted
 - injured
 - withdrawn
 - distant
 - smothered
 - invaded
 - rejected
 - humiliated
 - bullied
 - offended

Feelings & Emotions

Accurately describe your feelings

- **Strong**
 - secure
 - honest
 - reliable
 - sure
 - certain
 - mature
 - solid
 - confident
 - energized
 - composed
 - dynamic
 - stable
- **Indifferent**
 - cold
 - uncaring
 - lifeless
 - numb
 - insensitive
 - weary
 - bored
 - slow
 - blank
 - dull
 - reserved
 - uninterested
- **Positive**
 - inspired
 - brave
 - daring
 - hopeful
 - eager
 - motivated
 - adaptable
 - upbeat
 - creative
 - helpful
 - resourceful
 - constructive
- **Judgmental**
 - serious
 - stony
 - tactless
 - disgusted
 - frowning
 - stiff
 - rude
 - hard
 - bossy
 - stern
 - blunt
 - arrogant
- **Open**
 - free
 - kind
 - easy
 - flowing
 - outgoing
 - present
 - flexible
 - connected
 - friendly
 - sympathetic
 - tolerant
 - welcoming
 - accepting
- **Loving**
 - considerate
 - passionate
 - affectionate
 - tender
 - caring
 - grateful
 - kind
 - patient
 - humble
 - gracious
 - compassionate
 - warm
- **Peaceful**
 - calm
 - content
 - serene
 - relaxed
 - pleased
 - blessed
 - carefree
 - clear
 - good
 - at ease
 - fulfilled
 - forgiving
- **Sad**
 - lonely
 - desolate
 - unhappy
 - fragile
 - crying
 - sorrowful
 - grieved
 - dismayed
 - unworthy
 - devastated
 - alone
 - sour

Colors

Have fun with these!

Use colors to write and journal with. Use colors to scribble, doodle, draw, color. Rip out pages from old magazines. Use markers, pencils, pens. Whatever you like. Don't judge. Just enjoy the mark-making.

Colors & what they usually represent:

Blue: Feeling Relaxed / Lovable

Turquoise: Feeling Content / At Peace

Green: Feeling Calm / Comfortable

Orange: Daring, bold, adventurous

Purple: Feeling Romantic / Sensual

Red: Having High Energy / Feeling Angry

Yellow: Feeling Creative / Filled with Imagination

Dark yellow: Feeling Unsettled / Surprised

Dark brown: Feeling Restless / Being on edge

Black: Feeling Stressed / Nervous

Quotes

Use these. Add your own.

Inspirational Quotes

- The trick is to be grateful when your mood is high and graceful when it is low. (Richard Carison)
- Happiness depends upon ourselves. (Aristotle)
- Happiness is not something ready-made. It comes from your own actions. (Dalai Lama)
- It's a helluva start, being able to recognize what makes you happy. (Lucille Ball)
- Most people are about as happy as they make up their minds to be. (Abraham Lincoln)
- Happiness is not a station you arrive at, but a manner of traveling. (Margaret Lee Runbeck)

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MEET FADWA

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Thank you for letting me into your life.

I am Palestinian-Canadian; a woman, a mother, daughter and wife (39 years), with a gypsy's spirit. I've lived in 6 countries, and traveled to many more. I've learned that we are all creative, we all cry over the same pain, and we can learn to laugh at ourselves and understand other's sense of humor.

I am a bilingual author - 8 books have my name on them somewhere, and a mixed media artist currently living on the Costa Blanca of Spain.



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"Lose the wait."
Fadwa Al Qasem

