

Weather and Mood Log Worksheet

Name: _____ Date: _____

This worksheet helps you track your emotions by connecting them with natural weather patterns, nurturing self-awareness, emotional processing, and insight into emotional cycles.

Step 1: Daily Check-In

Take a moment each day to notice your current emotional state. Observe your environment: the weather, temperature, wind, clouds, sunlight, or precipitation.

Reflection

What is your emotional state right now?

Step 2: Track Emotions with Weather Metaphors

Use the table below to link emotions with weather patterns. Examples:

Sadness → Rain, mist, or fog

Anxiety → Storms, strong wind, or turbulence

Calm → Clear sky, gentle breeze

Anger → Thunder, lightning, heat

Date	Weather	Emotion(s)	Intensity (1–10)	Notes / Reflections

Prompt Questions

Does your mood shift as the weather changes? How?

Are there patterns in how certain weather relates to certain emotions?

Step 3: Mindful Reflection

1. Take a few deep breaths and visualize your emotions as the weather outside.
2. Imagine that, like weather, emotions naturally rise, shift, and pass.
3. Notice your body's response to these emotional "weather patterns."

Reflection

What did you notice about your emotional patterns today?

How can acknowledging this "weather" help you respond more calmly?

Step 4: Integration & Practice

Track your emotions for at least a week to notice patterns and cycles. Pair the log with grounding exercises or mindful walks to strengthen emotional regulation.

Notice how your answers change over time. How does relating your emotions to the weather change your experience of your emotions?

