



Colour My Mood

A cute activity book for tracking my feelings every day

Olive Yong

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Description

Each night before sleep, simply colour in the relevant day's illustration and see it build over the month to create an accurate record of your changing emotional state.

Therapists acknowledge that keeping a record of moods and emotions can help to identify triggers and see patterns; which help to develop emotional intelligence and, ultimately, control.

Mood-tracking has become a much-loved activity for bullet journaling and even apps – this kid-friendly, mindful, analogue approach will help you find balance, realizing that there are good days and bad days and that's OK.

Filled with a range of adorable graphics that are different every month, there's space to record emotions, allowing comparisons day by day, month by month, year by year for a five-year period.

If you're someone who has tried and failed to keep a diary or journal, this easy activity book offers a much more manageable and fun space to record what matters, and give insight into how you're really feeling.

About the Author

Olive Yong is a self-taught artist from Malaysia and the creator of the popular Instagram @bichi.mao, which has over 275,000 followers. Part of the charm of her artwork is in its simplicity. Her motivation for drawing is to spread positive energy to people in a funny and cute way.

Example spreads from the book

