

Your 7-Step Mood MOT Worksheet:

1. Decode what your behaviour is telling you

1. Have my reactions changed recently? (i.e. You've become more irritable or more anxious than usual.)

2. Do I often feel unappreciated or resentful after helping others? (i.e. That could mean your giving is more about obligation than balance.)

3. Are social interactions leaving me emotionally wiped out? (i.e. You may be stretching yourself too thinly emotionally.)

4. Have loved ones noticed a change in my mood or attitude? (i.e. Sometimes those close to us spot changes before we do.)

5. Do friends or family avoid spending time with me? (Unchallenged habits can quietly distance people without us realising.)

6. Do I have unprocessed emotional stress, health issues or unresolved trauma? Is chronic stress, pain or poor sleep part of daily life?

7. When was the last time I felt truly at ease or joyful? If it's been a while, it's time to pause, breathe and reconnect with what makes you feel alive.

If you answered yes to 3 or more, your mind and body might be asking for a gentle reset.

2. Reflection Zone

Your behaviour can reflect fatigue, stress, hormones or unprocessed emotions. Write down one area you'd like to explore more deeply:

3. Choose your next small step

Step	What You'll Try	When You'll Do It
Rest & Reset		
Talk to someone		
Set one healthy boundary		

Sign: _____

Date: _____

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