

No Blank Page

Seven small check-ins. No public diary.

EACH DAY, CHOOSE ONLY

1

A rough score

Useful, not precise.

2

One emotion

Your word. Notes optional.

3

One context clue

A clue, not a cause or conclusion.

Gaps count. Shorten, pause or stop whenever useful.

Works without an app, account, email or upload.

Keep every completed answer private.

If you share progress, use a neutral status card only.

Free sheet · wallpaper · neutral status cards

vibbrancy.app/blog/mood-tracking-for-people-who-hate-journaling/