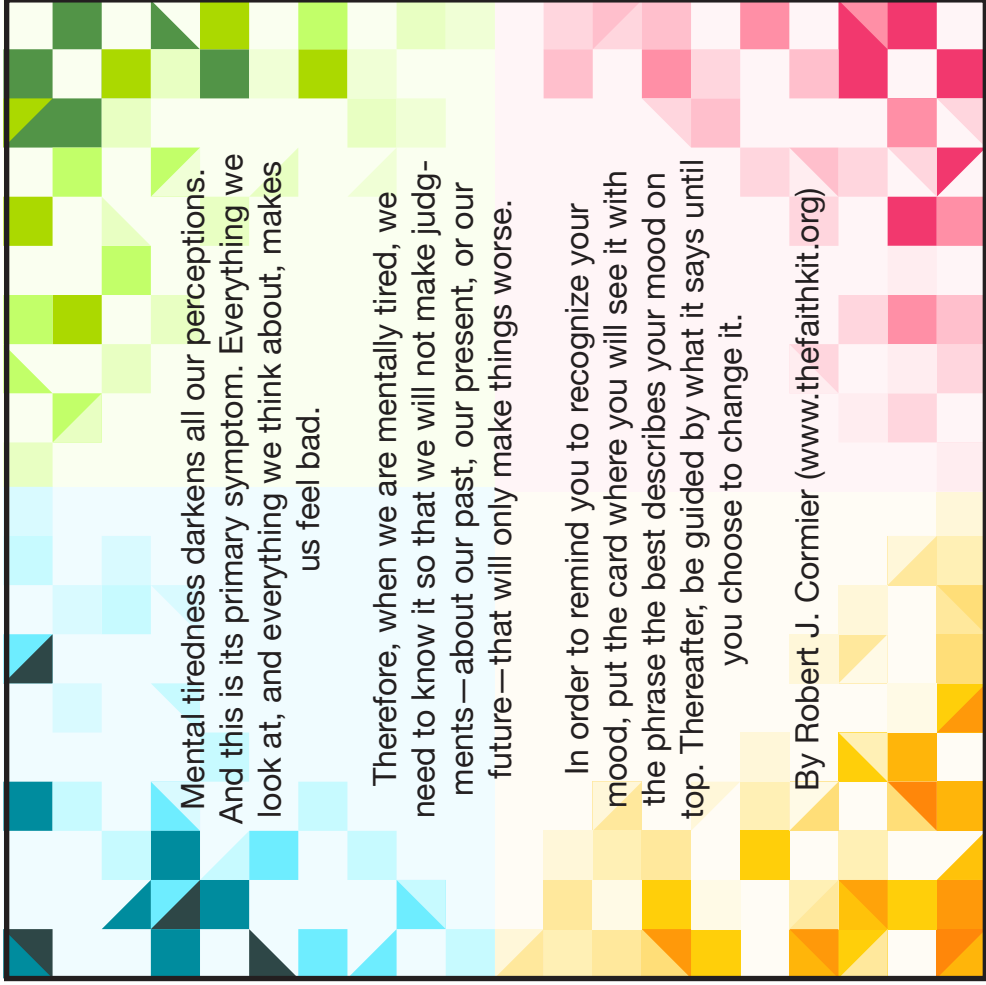


The Mood Indicator

The two sides of a card you can cut out and fold together.

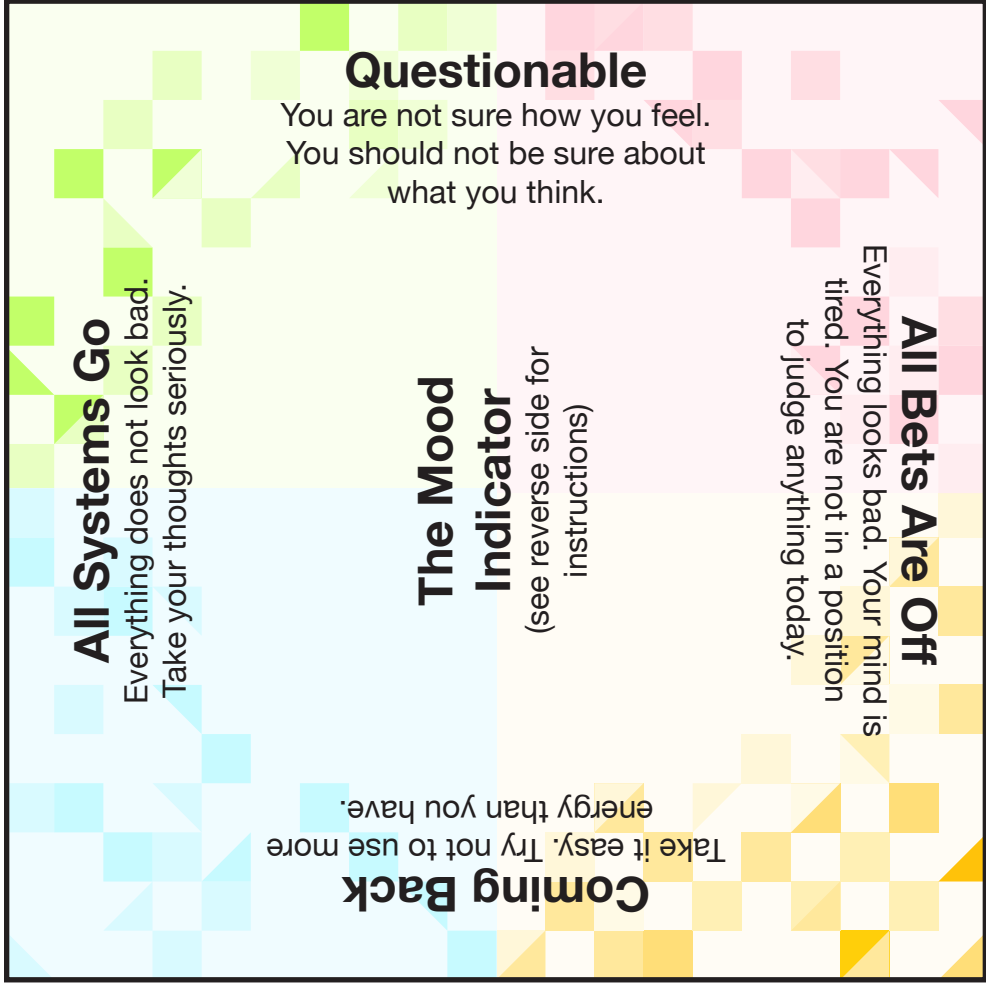


Mental tiredness darkens all our perceptions. And this is its primary symptom. Everything we look at, and everything we think about, makes us feel bad.

Therefore, when we are mentally tired, we need to know it so that we will not make judgments—about our past, our present, or our future—that will only make things worse.

In order to remind you to recognize your mood, put the card where you will see it with the phrase the best describes your mood on top. Thereafter, be guided by what it says until you choose to change it.

By Robert J. Cormier (www.thefaithkit.org)



Coming Back
Take it easy. Try not to use more energy than you have.

All Systems Go
Everything does not look bad. Take your thoughts seriously.

The Mood Indicator
(see reverse side for instructions)

Questionable
You are not sure how you feel. You should not be sure about what you think.

All Bets Are Off
Everything looks bad. Your mind is tired. You are not in a position to judge anything today.