

Mood & Element Match-Up Journal

A Soulful Companion for Daily Emotional Check-ins

What is this journal for?





Every emotion you feel carries energy — and in the Wuxing (Five Elements) philosophy, that energy flows through five natural forces:

Wood, Fire, Earth, Metal, and Water.

This printable journal invites you to gently explore your moods and patterns through the lens of the Five Elements.

Think of it as a cozy daily ritual — part reflection, part realignment, always supportive.

What you'll find inside:

-  5 Daily Reflection Pages — one for each Element
 -  Simple mood check-in questions to ground your thoughts
 -  Real-life examples to help you recognize elemental imbalances
 -  Soft, gentle action tips to bring your inner world back into harmony
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How to use:

Choose the Element that feels most relevant to your mood today — or explore one page each day.

There's no right or wrong way — just curiosity, kindness, and small steps toward balance.

*Let this be a soft landing for your thoughts, a gentle guide for your energy,
and a mindful pause in your day.*

WOOD JOURNAL PAGE

“Growth begins the moment you dare to move — even just a little.”
— Inspired by the quiet strength of trees

Theme: Direction, Growth, Initiative

1. Reflection Prompts

Take a moment to check in with yourself today.

- Did I avoid starting something important today?
- Was I holding back frustration instead of expressing it?
- Did I set a goal or take action toward something I care about?

Today I noticed...

(Write freely about what came up for you today.)




2. Real-life Clues

Pick the statement(s) that feel true today:

- ☐ “I kept delaying a task I wanted to start.” → *Maybe my Wood energy is low.*
- ☐ “I snapped at someone who cut in line.” → *Feels like excess Wood today.*
- ☐ “I organized my space and got things moving.” → *Feels like balanced Wood.*

3. Soft Action Tips – When you feel stuck, irritable, or unmotivated:

Choose one or more small actions to activate Wood energy:

-  Take a short walk among trees or greenery
Movement and connection with nature help restore Wood’s sense of direction and growth.
-  Write down one thing you’ve been avoiding
Naming your intention activates Wood’s planning and initiative energy.
-  Listen to music with a steady, energizing rhythm
Rhythm helps regulate emotions and supports Wood’s drive to move forward.

FIRE JOURNAL PAGE

“Joy is the spark that lights connection — let yourself glow.”
— Inspired by laughter, light, and shared warmth

Theme: Connection, Joy, Expression

1. Reflection Prompts




- Did I feel joy or genuine excitement today?
- Was I overly emotional, or did I feel flat and disconnected?
- Did I share warmth or laughter with someone?

 **Today I noticed...**

2. Real-life Clues

- ☐ “I didn’t enjoy anything that usually lights me up.” → *Fire might be low.*
- ☐ “I talked nonstop and couldn’t sit still.” → *Could be excess Fire.*
- ☐ “I smiled during a chat with a friend.” → *Fire feels alive and steady.*

3. Soft Action Tips – When you're emotionally flat or overly reactive:

-  Light a candle and focus on the flame for 2 minutes
Connecting with fire visually reignites emotional warmth and joy.
-  Text a loved one something kind or funny
Warmth shared is Fire activated through connection and heartfelt expression.
-  Move your body freely to upbeat music
Joyful movement helps Fire energy circulate and lifts emotional stagnation.

EARTH JOURNAL PAGE

“Stability is not stillness — it’s the quiet hum of care, grounding, and presence.”
— Inspired by the nurturing heart of the Earth

Theme: Stability, Nurturing, Presence

1. Reflection Prompts



- Did I feel connected and supported today — by myself or others?
- Was I overthinking or overly focused on helping others?
- Did I experience a moment of care, giving or receiving?

 **Today I noticed...**

2. Real-life Clues

- ☐ “I kept worrying about someone else’s problems.” → *Earth might be excessive.*
- ☐ “I felt scattered and lonely.” → *Possibly low Earth energy.*
- ☐ “I enjoyed a calm meal and felt present.” → *Earth seems balanced.*

3. Soft Action Tips – When you're overthinking or feeling emotionally drained:

- ☐ Hold something soft or comforting
Physical touch soothes the nervous system and brings Earth’s grounding energy into the body.
-  Sip a warm drink slowly without distractions
Mindful nourishment supports Earth’s stability and self-care.
-  Offer gentle support to someone else
Caring for others with presence activates Earth’s nurturing essence and balance.

🔧 METAL JOURNAL PAGE

“When you release the unnecessary, you make space for what truly matters.”

— Inspired by the elegance of simplicity

Theme: Clarity, Release, Precision

1. 🔧 Reflection Prompts

- Did I release something — an item, idea, or emotion — that’s no longer needed?
- Was I overly critical toward myself or someone else today?
- Did I create or edit something with precision and meaning?

📝 Today I noticed...

2. 🔧 Real-life Clues

- ☐ “I decluttered my inbox and felt clearer.” → *Likely balanced Metal.*
- ☐ “I was stuck on a past mistake all day.” → *Metal could be in excess.*
- ☐ “I felt dull and unmotivated, like nothing mattered.” → *Maybe low Metal.*

3. 🔧 Soft Action Tips – When you’re feeling rigid, self-critical, or stuck in the past:

- 🗑️ Declutter a small space (your desk, drawer, or inbox)
Clearing the old invites Metal’s clarity, order, and fresh perspective.
- 🌬️ Exhale slowly and fully, three times
Intentional breath releases inner tension and allows Metal to create space for renewal.
- 📖 Write down something you’re ready to let go of
Giving form to release helps Metal fulfill its purpose of refinement and closure.

WATER JOURNAL PAGE

“Stillness holds wisdom — trust the depths you carry.”
— Inspired by the calm power of flowing water

Theme: Stillness, Intuition, Depth

1. Reflection Prompts




- Did I avoid something today because I felt anxious or afraid?
- Did I make time to rest or be still, even briefly?
- Was I emotionally overwhelmed or calmly flowing?

 **Today I noticed...**

2. Real-life Clues

- ☐ “I kept dodging a difficult conversation.” → *Water energy might be low.*
- ☐ “I felt soothed after a quiet cup of tea alone.” → *Water feels balanced.*
- ☐ “I isolated myself and couldn’t focus.” → *Feels like excess Water.*

3. Soft Action Tips – When you feel anxious, numb, or emotionally overwhelmed:

-  Take a brief shower or splash cool water on your face
Water’s physical sensation calms the nervous system and resets emotional flow.
-  Close your eyes and imagine gently floating
Visualization activates Water’s deep trust, rest, and emotional containment.
-  Spend quiet time journaling or reading
Stillness and introspection replenish Water’s depth, wisdom, and inner resourcefulness.

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