

# Mood & Element Match-Up Journal

*A Soulful Companion for Daily Emotional Check-ins*

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## 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.

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## 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.

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*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.)*

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### 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...**

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### 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...**

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### 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...**

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### 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...**

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### 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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