DAILY JOURNAL:
What I am wearing (colours) and my activity and mood

Day of the week	Activity	Mood	Chosen colours
Eg Monday	*Work – nothing exciting*	*Bored*	*Brown skirt, cream top, splash of red (belt & lipstick)*
Eg Tuesday	*Work – lunch with friend*	*Want to appear upbeat*	*Orange top, yellow cardigan and brown trousers*

Do you notice any correlation with upbeat mood and chirpier coloured clothing, and sombre mood and darker, less colourful clothing?