

MIND • BODY • FOOD

NOTICE THE PATTERN

My Bigger Picture

Look at mood, energy, appetite, digestion, sleep and stress together

A whole-picture tracker can reveal connections that are difficult to see when one symptom is viewed alone. A short daily rating over one week offers enough information to notice tendencies without demanding detailed analysis every day.

Space to Breathe Therapy

Why noticing patterns can help

A whole-picture tracker can reveal connections that are difficult to see when one symptom is viewed alone. A short daily rating over one week offers enough information to notice tendencies without demanding detailed analysis every day.

What this exercise can offer

- A record made close to the moment, rather than relying on memory alone.
- A way to notice repetition, variation and exceptions across several days.
- Useful information for choosing practical support or discussing concerns with a professional.

Observe without judging

The tracker is not a test and does not need perfect numbers. Approximate ratings and short notes are enough. Patterns are clues for reflection, not proof of cause.

How to use this tracker

- 1 Choose roughly the same time for a brief daily check-in.
- 2 Rate each area quickly without trying to make the number exact.
- 3 Add one short note about anything unusual or important.
- 4 At the end of the week, ask what tended to change together.

When you look back

Ask what tends to happen together, what is different on easier days, and where a small adjustment or extra support might help. Keep alternative explanations in mind and avoid changing several things at once if you want to understand a pattern.

Your pattern tracker

Mood 0 to 10

Energy 0 to 10

Appetite 0 to 10

Digestion 0 to 10

Sleep 0 to 10

Stress 0 to 10

Important context

Patterns matter more than a perfect day. One difficult day does not prove a cause.