

Monthly Psychograph

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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
10																																
9																																
8																																
7																																
6																																
5																																
4																																
3																																
2																																
1																																
0																																

10 = best, happiest
5 = middle ("so-so")
0 = worst, saddest