The Mood Reader's Journal

Pick your next book by how you feel

Free sample - three real pages: The Mood Method, the Mood Check-In, and the Comfort Shelf. Print at 100% on US Letter or A4.

How This Journal Works - The Mood Method

The whole system on one page (journal p.3). The five steps the journal runs on, plus the match-score scale used everywhere later.

1. Build the library before you need it.

On a calm day - not a picking night - shelve the books you know in the Mood Library: books you've read, books you own, books a trusted person swears by. Each book goes on the shelf of the mood it gives, not the mood it's about. A sad book that leaves you held is a Comfort book. Evidence, not hope.

2. Check in, don't browse.

On the night itself, start at the Mood Check-In: how do I feel, what do I need, what am I avoiding. Two honest minutes. The check-in points at a shelf, not a spine - that is the whole trick.

3. Commit the pick on paper.

Open a Mood Match spread and fill in The Pick before page one: the mood you want, the mood you predict the book will give. Forecasts are what make the record honest later.

4. Let the book report back.

When you finish - or park - complete The Verdict: the mood the book actually delivered, and a match score. The score grades the match, never the book. A masterpiece can score 1 on the wrong night and still be a masterpiece.

5. Park without guilt, and let the library learn.

Wrong weather is not a failed book. Park it with a return date, re-shelve books the evidence has moved, and once a year read your own weather in the Annual Mood Review. The library gets smarter every time you're honest with it.

The Match Score:

5 - Perfect weather. Exactly the feeling I ordered.

4 - Right neighbourhood. Close enough that the difference didn't matter.

3 - Half-match. It gave me some of it; the rest I supplied myself.

2 - Wrong weather, good book. A fine book that was not tonight's book.

1 - Total mismatch. Put it down. See the parking pages. No hard feelings.

There is deliberately no to-be-read list in this journal. A list is a queue of strangers. Your Mood Library is a map of known quantities - that is why it works on the nights a list can't help you.

The Mood Check-In

Two minutes of honesty that replace an hour of shelf-staring (journal p.14). Fill one in tonight: it names your shelf.

Date: **Time:**

Part A - How do I feel right now? (tick everything true; mixed weather is normal)

[ ] Wrung out [ ] Restless / wired [ ] Numb / flat [ ] Tender - easily moved tonight

[ ] Heavy / sad [ ] Angry at the world [ ] Hopeful [ ] Curious

[ ] Fragile - handle with care [ ] Perfectly fine, just hungry for a story

Part B - What do I need from a book tonight? (choose ONE main, ONE backup)

[ ] To be held -> Comfort [ ] To disappear -> Escape [ ] To feel it fully -> Cry-It-Out

[ ] To race -> Adrenaline [ ] To marvel -> Wonder [ ] To laugh out loud -> Laugh

[ ] To think hard -> Think [ ] To mend -> Heal

Main need: **-> shelf:**

Backup need: **-> shelf:**

Part C - What am I avoiding tonight? (tick - a book that trips one is the wrong book tonight)

[ ] Sad endings [ ] Cliffhangers [ ] Violence [ ] Romance [ ] Death & grief themes

[ ] Slow middles [ ] Anything that feels like work [ ] Anything close to home [ ] Nothing - bring it all

Part D - Tonight's conditions:

Time I actually have: [ ] Under an hour [ ] A good evening [ ] A whole weekend

Intensity I can hold: [ ] Gentle [ ] Steady [ ] Wallop

Format mood: [ ] Print (stillness) [ ] Ebook (in the dark) [ ] Audio (company while I do things)

Part E - The pick:

Candidates from that shelf (up to three): 1.

2.

3.

I choose: **- because tonight it fits:**

Now open its Mood Match spread in the full journal and fill in The Pick before page one.

Pagelyra - Free Sample - Personal Use - pagelyra.vercel.app

The Comfort Shelf

One complete shelf page of the Mood Library (journal p.6). For: the nights you need to be held by a book. Low stakes, warm middles, endings that land soft.

Shelve a book here when: closing it feels like being tucked in - you are calmer than when you opened it, whatever happened inside the story.

Book	Author	The feeling it reliably gives	G/S/W	Commitment	Vouched by	Last reached for

Footer prompt - The book on this shelf I have opened at a random page, just to be inside it for ten minutes:

Intensity key: G = gentle, S = steady, W = wallop. Commitment: one sitting / a weekend / long-haul. Shelve books you have read on evidence; an unread book may sit here only on trust - name its voucher, the person whose mood-tips you believe.

This free sample holds three real pages of The Mood Reader's Journal (44 pages: the Mood Method, the Mood Library with eight mood shelves, Mood Check-Ins and the No-Mood Protocol, five Mood Match spreads, Wrong-Mood Parking logs, Letters from Past Moods, Seasonal Mood Maps, a Mood Reading History Index and the Annual Mood Review - US Letter, A4 and tablet editions). Its companions are Read It Again - The Reread Journal and The Ultimate Reading Journal Bundle. All live at pagelyra.vercel.app