



# Fragrance Diary & Mood Mapping

# How to Use Your Fragrance Journal & Mood Map

This journal is your personal invitation to slow down, savor the moment, and explore how fragrance can support you in aging well with grace, confidence, and purpose.

Here's how to make the most of it:

## **Use it daily or whenever you wear a scent.**

Write down what you wore, why you chose it, how it made you feel, and any sweet comments you received. Over time, you'll start to see beautiful patterns emerge.

## **Fill out the Mood Map.**

Think about how you want to feel — energized, calm, playful, elegant, comforted — then jot down which scents help you create that vibe. Keep it handy to guide you on those “what should I wear today?” days.

## **Reflect on scent memories.**

Use the prompts to explore fragrances tied to your happiest moments. This deepens your relationship with scent and helps you craft a signature story that's uniquely yours.

## **Come back often.**

Your mood, lifestyle, and preferences may shift over time. Let this be a living, breathing record of your journey — because you're ever evolving, just like your beautiful fragrance story.

Most of all, **enjoy this playful, luxurious act of self-care.** You're worth it 

# My Fragrance Journal

Today's Date: \_\_\_\_\_

Fragrance I wore: \_\_\_\_\_

Why I chose it: \_\_\_\_\_

How it made me feel: \_\_\_\_\_

Any compliments or comments? \_\_\_\_\_

Mood before applying: \_\_\_\_\_

Mood after wearing: \_\_\_\_\_

<b>When I want to feel...</b>	<b>I'll wear...</b>	<b>Notes</b>
<b>Energized &amp; vibrant</b>		
<b>Calm &amp; centered</b>		
<b>Playful &amp; flirty</b>		
<b>Elegant &amp; sophisticated</b>		
<b>Cozy &amp; comforted</b>		



# Scent Memories

A scent that reminds me of childhood: \_\_\_\_\_

A fragrance that makes me think of love: \_\_\_\_\_

A perfume that always gets compliments: \_\_\_\_\_

A note (like vanilla, rose, sandalwood) I never get tired of:

\_\_\_\_\_



## My Signature Scent Story

3 words that describe how I want my scent to feel:

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

My signature scent (or what I'm exploring):

\_\_\_\_\_