

Seven Day Inventory

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 st hour awake							
What I want to do							
What is actually done							
Prompting thoughts							
What I gave most attention to							
Last hour before bed							

Look for patterns, temptations, triggers, messages, prompts, desires, cravings, avoidance, etc. Focus on problems or solutions? Follow usual pattern or try something new? Take time to think and evaluate or find a reason to postpone and procrastinate?