



MY SYSTEM BOOK



PLURALLI.org



DAILY FRONTING NOTES

DATE: / /
 (S) (M) (T) (W) (T) (F) (S)

TODAY'S AFFIRMATION

INNERWORLD



MOODS



MEMORABLE EVENTS

- 1 _____

- 2 _____

- 3 _____

ALTER NOTES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SYSTEM WINS

- _____
- _____
- _____

TIME FRONTING LOG/SCHEDULE

TIME	FRONTING LOG/SCHEDULE
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	

OUR SYSTEM



NAME:

OF PARTS:

**BODY
AGE/GENDER**

JOB:

TALENTS:

CHALLENGES

LIKES:

DISLIKES:

TRIGGERS:

IMPORTANT LIFE EXPERIENCES:

ME AS A PART



NAME:

ROLE:

AGE/GENDER:

DUTIES:

TALENTS:

CHALLENGES

LIKES:

DISLIKES:

TRIGGERS:

LIFE EXPERIENCES:

DAILY SYSTEM STRUCTURE MAP



HOST

APN

GATEKEEPER

PROTECTOR

LITTLE/MIDDLES

SYSTEM PARTS

HOST/APN

GATEKEEPER

PROTECTOR/PERSECUTOR

CARE GIVER

LITTLE/MIDDLE

TRAUMA HOLDER



SYSTEM MAP

SYSTEM NOTES