

Daily Log



Insight.Accountability.Inspiration —



Before bed, reflect on your day and see how you feel about the following aspects of your life.
 Choose 1 **E** Exceeding Expectation **A** Adequate/Acceptable **C** Would Benefit from Change

Week's Intention:

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Intention	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Gratitude	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Mindfulness	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Depression	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Anxiety	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Self-Care	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Movement	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Connection to Others	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Productivity	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Sleep	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Diet	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Alcohol	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C
Outdoors	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C	E	A	C

Good Stuff:

Concerns:

Topics for Session: