

W A I W

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

To-Do's

BRAINSTORM EVERYTHING YOU NEED TO DO TO ACCOMPLISH THIS GOAL.
BREAK IT DOWN BY EACH STEP.

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The Daily Work

WHAT DID YOU ACCOMPLISH YESTERDAY?

WHAT'S ON THE SCHEDULE FOR TODAY?

JOT DOWN YOUR THOUGHTS AND FEELINGS ABOUT IT.

The Daily Work

CHOOSE ONE THOUGHT THAT ISN'T SERVING YOU TO DO A MODEL ON:

THOUGHT _____

FEELING _____

ACTION _____

RESULT _____

HOW DO YOU NEED TO FEEL TO DO WHAT YOU PLANNED TODAY?

WHAT CAN YOU THINK ABOUT THE TASKS THAT MAKES YOU FEEL THAT?

CREATE A MODEL WITH THE NEW THOUGHT:

THOUGHT _____

FEELING _____

ACTION _____

RESULT _____