

Daily Review

✓ Opportunities for Improvement	✓ Extra Credits
Mindless Activity	Walked
Felt Ungrounded	Yoga and / or Pilates
Resisted Something	Cardio
Found Faults	Weight Lifted
Was Deceitful	Body Tools
Sneaking Around	Danced
Felt Entitled	Laughed Outloud
Took Something that Wasn't Yours	Cried
Tried to Force Something	Teared Up
Judged Self or Another	Felt Heart Opening
Saw Self or Others as Less Than	Consciously Sat with Discomfort
Saw Self or Others as Incomplete	Feeling Life Force
Saw Self or Others as Unevolved	Saw the Stars / Went for a Night Walk
Excluded Others or A Part of Yourself	Foam Roller / Strech Hips
Took Pleasure in Others' Misfortune	Touched Path and Objects
Felt Worried About Something	Had Fun / Played
Anticipated the Future Too Much	Spoke an Important and Risky Thing
Played Out Unhealthy Habits	Reflection / Journaling
Compulsively Driven for More	Had Insights
Thinking "Grass is Greener Over There"	Wrote About Dreams
Feeling Envy or Comparison to Others	Plenty of Sleep
Feeling Irritated	Practiced Meditation
Consuming Excess Carbs	Practiced Ritual
Consuming Excess Sugar	Practiced Prayer
Feeling Subtle Axiety	Practiced Breathing
Feeling Guilty About Something	Practiced Any of Your Tools
Feeling Guilty for Being Non-Productive	Danced Before Bed
<i>Driven</i> to Tediously Plan Day	Handled Creative Tension
Feeling Dissatisfied	Held a Tough Situation
Feeling Self-Hatred	Feeling Loved, Anyway.