

# A Week of How You Felt on It

A week of quick notes to take to a review, instead of a guess.

## WHEN TO USE THIS

Use this for the week before your next review.

Fill it in at the same time each day if you can. Skipped days are fine - leave them blank.

One row a day.

| DAY | 0-10 HOW YOU FELT | WORTH NOTING |
|-----|-------------------|--------------|
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What was the best day, and what was different about it?

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What is the one thing you want them to see here?

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*A week of real notes beats being asked how you have been and going blank.*