

A Week of Who You Saw

One week of noticing who you actually spoke to, and how it left you.

WHEN TO USE THIS

Keep this near you and fill in one row at the end of each day.

No target here. This is only to see what an ordinary week actually holds.

One row a day.

DAY	WHO I SPOKE TO	HOW IT LEFT ME

Which day was the best one, and what made it that?

What would you change about next week? One thing.

A week on paper is usually different from the week you remember.