

Same Thought, Same Time

Track when one thought shows up and find the pattern behind it.

WHEN TO USE THIS
Use this over a few days for a thought that seems to keep an appointment.

Each time the thought shows up, note it here.

DAY	TIME	WHERE YOU WERE	0-10

What pattern do you see? Time of day, place, or who you were with?

What is going on in your day right before it lands?

Tired, hungry, alone, the end of the workday.

What could you put into that gap this week?

A thought with a schedule is easier to plan around than to argue with.