

What You Actually Did Today

For the evenings that end with the feeling you did nothing at all.

WHEN TO USE THIS

Use this in the evening, when the day feels wasted.

Count everything. Getting up counts. Feeding someone counts. Answering a message counts.

Write down what you did today, from waking up on.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

What did you leave off because it did not seem to count?

Now look at the whole list. How much did you get done today?

0	1	2	3	4	5	6	7	8	9	10
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Nothing

A full day

The day was fuller than the feeling you had at the end of it.