

What You Did, How You Felt

Track a few days of doing and feeling, to see what actually lifts things a little.

WHEN TO USE THIS

Use this over three or four days. Fill in a row at the end of each part of the day.

One row per chunk of the day. Keep it short.

DAY	WHAT I DID	MOOD AFTER (0-10)

Which entries have the highest numbers? What do they have in common?

Which one could you do again this week on purpose?

The numbers do not have to be high. You are looking for what is a little better, not what is good.

You are gathering evidence about your own days. That is slow work and it is worth it.