Day 1

DATE _____

WEEK 1 · FOCUS CLUE C **CODE**

TASKS TO COMPLETE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WHAT I WILL CHOOSE TO NOTICE TODAY

_____

_____

_____

_____

_____

_____

MORNING PAUSE __:__

What am I paying attention to?

_____

_____

Did I consciously choose this?

Circle: Yes No Not sure

AFTERNOON PAUSE __:__

What am I paying attention to?

_____

_____

Did I consciously choose this?

Circle: Yes No Not sure

EVENING PAUSE __:__

What am I paying attention to?

_____

_____

Did I consciously choose this?

Circle: Yes No Not sure

SHOULDS I CAUGHT

Add a tally mark each time an "I should" makes a choice for you.

The loudest one: _____

THIS WEEK'S CLUE · C — THE "SHOULD" CHECK

Write one rule you followed today that started with the words "I should". Who wrote this rule?

_____

_____

EVENING · STATE VS. SELF

Today I felt _____ .

Was there a moment when I noticed the feeling while it was happening?

_____

_____

_____

_____

_____

_____