Daily Debrief

THOUGHTS & ACTIONS LEAD TO EMOTIONS

IDENTIFY YOUR EMOTIONS AND WHAT LEAD TO THEM:			
What emotions did I feel today?	What thought / action led to this emotion?	Why did I think or act in this way?	What can I do to improve?

WHAT DID I ACHIEVE TODAY?

WHAT DID I LEARN TODAY?

WHAT DID I DO TO FEEL GOOD TODAY?

WHAT DID I DO TO HELP OTHERS TODAY?

WHAT DID NOT HAPPEN TODAY? WHY?

HOW CAN I IMPROVE TOMORROW?

IDEAS / GRATITUDE / VICTORIES / NOTES / THOUGHTS / FEELINGS / MIND MAP

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