



Daily Practice



Date _____

Proclamation

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Rounds

Gratitude

- 1 _____
- 2 _____
- 3 _____

Successes & things that went right today

- 1 _____
- 2 _____
- 3 _____

Did I acknowledge pillar 1 today? _____

How well did I catch & redirect POPs today? _____

Did I do incremental training? _____

What did I do to elevate my mood? _____

