



Daily Goals Review

Emotional goal of the week _____

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Am I committed Yes No							
Rate the day Poor fair good great							
Stress Level Low medium high							
Exercise Yes No							
Diet Poor fair good great							
Sleep Yes no							
Negative self-talk Yes, write it down							
Positive self-talk Yes, write it down							
Stress reducing activity What activity?							
Will-Power Poor fair good great							
Confidence Low medium High							
Avoidance Yes, write it down							
Awareness Yes, write it down							
Dominant trait aware Yes, write it down							
Communication Poor fair good great							
Resistance Yes, write it down							
Meditation Yes no							
Forgiveness Yes, write it down							
Gratitude Yes, write it down							
Reward Extrinsic intrinsic							
Cognitive distortions Use reframing form.							
Mood Recognition form Yes no							
Prefrontal stimulation Yes no, activity							