WEEK 1

Day 1

Date _____

How am I arriving? *Circle a number, then one sentence about why.*

1 2 3 4 5 6 7 8 9 10

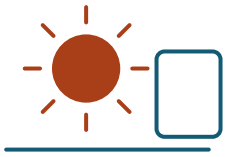
low good

_____

TODAY'S PRACTICE / 5 MIN

Morning Light

Within an hour of waking, stand outside or at a bright window for five minutes. Leave your phone in another room.



☐ done

Afterward I notice

_____

_____

What is on my mind *The thought that keeps coming back. Do not edit it.*

_____

_____

_____

In my control today

1 _____

2 _____

3 _____

Not mine today

_____

_____

_____

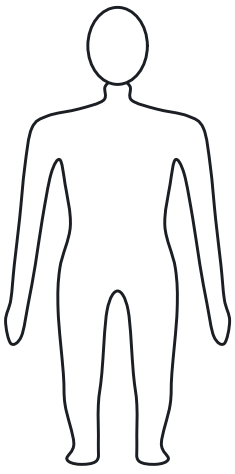
A kinder thought *A friend tells me what I wrote above. What do I say back?*

_____

_____

Body scan

Shade where you feel tension.



Evening close

One thing that helped today

_____

_____

One thing I am letting go of before sleep

_____

_____

Anxiety at bedtime *0 none, 10 very high*

0 1 2 3 4 5 6 7 8 9 10