

DATE _____

THE THINGS THAT WENT WELL TODAY
WHERE AND WITH WHO

WHAT

MY LEARNING OPPORTUNITIES
THINGS I WOULD DO DIFFERENTLY NEXT TIME

MY MOOD AND EMOTIONS DURING THE DAY
WHEN AND THE SITUATION

MEALS -- WHAT AND WHEN

BREAKFAST

LUNCH

DINNER

THREE THINGS I AM GRATEFUL FOR TODAY

- 1 _____
- 2 _____
- 3 _____

SNACKS

DRINKS

THOUGHTS AND REFLECTION

This template is to be used with the book **Control-Alt-Delete**, How to reset your life and get back on track