

MORNING

My overall feeling goal for the day is...

Three dis-integrating influences I will manage by “zeroing in” today...

1. _____

2. _____

3. _____

Three places I plan to practice my Attention Management N.O.T.E. experiment...

1. _____

2. _____

3. _____

Today, I will take time to feel grateful for...

EVENING

Three highlights from today’s “photo album”...

1. _____

2. _____

3. _____

My biggest success with Attention Management today was...

My biggest challenge with Attention Management today was...

One thing I will include in my “photo album” tomorrow...

INSIGHTS AND QUESTIONS
