

MORNING

My overall feeling goal for the day is...

Three things I am “relaxing with” today...

1. _____

2. _____

3. _____

The technique I will use to “relax with is...

- Conscious breathing Mindful softening
 Giving permission Intentional smiling

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

1. _____

2. _____

3. _____

Today, I will make the world better by...

EVENING

Three things “relaxing with” made better today...

1. _____

2. _____

3. _____

Connecting with Success

Circle one of the “things made better” above and describe in one word how your experience changed as a result of “relaxing with.”

My biggest challenge with “relaxing with” today was...

Tomorrow is going to be an incredible day because...

INSIGHTS AND QUESTIONS
