

13 WEEKS

AT MY OWN PACE

A notebook from Les NeuroDivines

For brains that work differently

This notebook belongs to

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NOTHING TO PROVE

LES NEURODIVINES
READ THIS FIRST

This notebook does not need to be filled in completely to be useful to you.

WHAT YOU ARE ALLOWED TO DO

- Skip days. The notebook waits for you. It does not judge you.
- Fill in a single line. One line is already an appointment with yourself.
- Start on day 1, on day 40, or start over three times.
- Use only the morning page. Or only the evening one.
- Write badly, briefly, crookedly. Nobody reads over your shoulder.

HOW IT WORKS

- First, your 3 focuses for the quarter. One or two is already plenty.
- Then a map, to see where you are at a glance.
- At the start of each week, a page to open it.
- Then 91 days. One page in the morning, one in the evening.
- A review at the end of every week.
- A quarterly review at the very end.

> *A half-filled notebook*
> *has still done its job.*

CONTENTS

13 WEEKS
91 DAYS

Tap a number to open that day. S opens the week, B its review.

MY 3 FOCUSES 1 2 3 MAP

WEEK 1	S	1	2	3	4	5	6	7	B
WEEK 2	S	8	9	10	11	12	13	14	B
WEEK 3	S	15	16	17	18	19	20	21	B
WEEK 4	S	22	23	24	25	26	27	28	B
WEEK 5	S	29	30	31	32	33	34	35	B
WEEK 6	S	36	37	38	39	40	41	42	B
WEEK 7	S	43	44	45	46	47	48	49	B
WEEK 8	S	50	51	52	53	54	55	56	B
WEEK 9	S	57	58	59	60	61	62	63	B
WEEK 10	S	64	65	66	67	68	69	70	B
WEEK 11	S	71	72	73	74	75	76	77	B
WEEK 12	S	78	79	80	81	82	83	84	B
WEEK 13	S	85	86	87	88	89	90	91	B

QUARTERLY REVIEW 1 2

FOCUS 1

My focus for the next 13 weeks:

Why it matters to me:

I will know it is done when:

My very first step, the one that takes less than 15 minutes:

What will probably stop me, and what I do when it happens:

My steps:

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

FOCUS 2

My focus for the next 13 weeks:

Why it matters to me:

I will know it is done when:

My very first step, the one that takes less than 15 minutes:

What will probably stop me, and what I do when it happens:

My steps:

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

FOCUS 3

My focus for the next 13 weeks:

Why it matters to me:

I will know it is done when:

My very first step, the one that takes less than 15 minutes:

What will probably stop me, and what I do when it happens:

My steps:

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

MY MAP

13 WEEKS
91 DAYS

Left box: morning. Right box: evening. B: the weekly review.

	D1	D2	D3	D4	D5	D6	D7	B
W1	1 ☐☐	2 ☐☐	3 ☐☐	4 ☐☐	5 ☐☐	6 ☐☐	7 ☐☐	☐
W2	8 ☐☐	9 ☐☐	10 ☐☐	11 ☐☐	12 ☐☐	13 ☐☐	14 ☐☐	☐
W3	15 ☐☐	16 ☐☐	17 ☐☐	18 ☐☐	19 ☐☐	20 ☐☐	21 ☐☐	☐
W4	22 ☐☐	23 ☐☐	24 ☐☐	25 ☐☐	26 ☐☐	27 ☐☐	28 ☐☐	☐
W5	29 ☐☐	30 ☐☐	31 ☐☐	32 ☐☐	33 ☐☐	34 ☐☐	35 ☐☐	☐
W6	36 ☐☐	37 ☐☐	38 ☐☐	39 ☐☐	40 ☐☐	41 ☐☐	42 ☐☐	☐
W7	43 ☐☐	44 ☐☐	45 ☐☐	46 ☐☐	47 ☐☐	48 ☐☐	49 ☐☐	☐
W8	50 ☐☐	51 ☐☐	52 ☐☐	53 ☐☐	54 ☐☐	55 ☐☐	56 ☐☐	☐
W9	57 ☐☐	58 ☐☐	59 ☐☐	60 ☐☐	61 ☐☐	62 ☐☐	63 ☐☐	☐
W10	64 ☐☐	65 ☐☐	66 ☐☐	67 ☐☐	68 ☐☐	69 ☐☐	70 ☐☐	☐
W11	71 ☐☐	72 ☐☐	73 ☐☐	74 ☐☐	75 ☐☐	76 ☐☐	77 ☐☐	☐
W12	78 ☐☐	79 ☐☐	80 ☐☐	81 ☐☐	82 ☐☐	83 ☐☐	84 ☐☐	☐
W13	85 ☐☐	86 ☐☐	87 ☐☐	88 ☐☐	89 ☐☐	90 ☐☐	91 ☐☐	☐

Every box you tick is a day you listened to yourself.

MY WEEK

WEEK 1 OF 13
DAYS 1 TO 7

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

- [ ] _____
- [ ] _____
- [ ] _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

- [ ] _____
- [ ] _____
- [ ] _____

What I need this week to hold up:

_____

MORNING

DAY 1
WEEK 1

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 1
WEEK 1

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 2
WEEK 1

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 2
WEEK 1

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 3
WEEK 1

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 3
WEEK 1

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 4
WEEK 1

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 4
WEEK 1

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 5
WEEK 1

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 5
WEEK 1

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 6
WEEK 1

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 6
WEEK 1

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 7
WEEK 1

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 7
WEEK 1

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week:

MY WEEK

WEEK 2 OF 13
DAYS 8 TO 14

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

- [ ] _____
- [ ] _____
- [ ] _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

- [ ] _____
- [ ] _____
- [ ] _____

What I need this week to hold up:

_____

MORNING

DAY 8
WEEK 2

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 8
WEEK 2

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 9
WEEK 2

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 9
WEEK 2

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 10
WEEK 2

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 10
WEEK 2

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 11
WEEK 2

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 11
WEEK 2

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 12
WEEK 2

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 12
WEEK 2

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 13
WEEK 2

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 13
WEEK 2

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 14
WEEK 2

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 14
WEEK 2

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

_____

What I adjust for next week:

MY WEEK

WEEK 3 OF 13
DAYS 15 TO 21

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

- [ ] _____
- [ ] _____
- [ ] _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

- [ ] _____
- [ ] _____
- [ ] _____

What I need this week to hold up:

_____

MORNING

DAY 15
WEEK 3

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 15
WEEK 3

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 16
WEEK 3

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 16
WEEK 3

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 17
WEEK 3

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 17
WEEK 3

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 18
WEEK 3

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 18
WEEK 3

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 19
WEEK 3

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 19
WEEK 3

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 20
WEEK 3

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 20
WEEK 3

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 21
WEEK 3

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 21
WEEK 3

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week:

MY WEEK

WEEK 4 OF 13
DAYS 22 TO 28

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

- [ ] _____
- [ ] _____
- [ ] _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

- [ ] _____
- [ ] _____
- [ ] _____

What I need this week to hold up:

_____

MORNING

DAY 22
WEEK 4

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 22
WEEK 4

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 23
WEEK 4

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 23
WEEK 4

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 24
WEEK 4

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 24
WEEK 4

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 25
WEEK 4

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 25
WEEK 4

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 26
WEEK 4

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 26
WEEK 4

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 27
WEEK 4

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 27
WEEK 4

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 28
WEEK 4

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 28
WEEK 4

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

WEEK 4 OF 13
DAYS 22 TO 28

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week:

MY WEEK

WEEK 5 OF 13
DAYS 29 TO 35

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

☐ _____

☐ _____

☐ _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

☐ _____

☐ _____

☐ _____

What I need this week to hold up:

_____

MORNING

DAY 29
WEEK 5

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 29
WEEK 5

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 30
WEEK 5

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 30
WEEK 5

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 31
WEEK 5

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 31
WEEK 5

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 32
WEEK 5

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 32
WEEK 5

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 33
WEEK 5

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 33
WEEK 5

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 34
WEEK 5

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 34
WEEK 5

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 35
WEEK 5

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 35
WEEK 5

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

WEEK 5 OF 13
DAYS 29 TO 35

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week:

MY WEEK

WEEK 6 OF 13
DAYS 36 TO 42

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

☐ _____

☐ _____

☐ _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

☐ _____

☐ _____

☐ _____

What I need this week to hold up:

_____

MORNING

DAY 36
WEEK 6

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 36
WEEK 6

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 37
WEEK 6

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 37
WEEK 6

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 38
WEEK 6

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 38
WEEK 6

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 39
WEEK 6

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 39
WEEK 6

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 40
WEEK 6

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 40
WEEK 6

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 41
WEEK 6

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 41
WEEK 6

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 42
WEEK 6

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 42
WEEK 6

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

WEEK 6 OF 13
DAYS 36 TO 42

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

_____

What I adjust for next week:

MY WEEK

WEEK 7 OF 13
DAYS 43 TO 49

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

☐ _____

☐ _____

☐ _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

☐ _____

☐ _____

☐ _____

What I need this week to hold up:

_____

MORNING

DAY 43
WEEK 7

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 43
WEEK 7

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 44
WEEK 7

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 44
WEEK 7

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 45
WEEK 7

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 45
WEEK 7

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 46
WEEK 7

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 46
WEEK 7

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 47
WEEK 7

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 47
WEEK 7

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 48
WEEK 7

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 48
WEEK 7

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 49
WEEK 7

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 49
WEEK 7

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

WEEK 7 OF 13
DAYS 43 TO 49

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week:

MY WEEK

WEEK 8 OF 13
DAYS 50 TO 56

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

☐ _____

☐ _____

☐ _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

☐ _____

☐ _____

☐ _____

What I need this week to hold up:

_____

MORNING

DAY 50
WEEK 8

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 50
WEEK 8

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 51
WEEK 8

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 51
WEEK 8

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 52
WEEK 8

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 52
WEEK 8

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 53
WEEK 8

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 53
WEEK 8

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 54
WEEK 8

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 54
WEEK 8

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 55
WEEK 8

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 55
WEEK 8

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 56
WEEK 8

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 56
WEEK 8

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

WEEK 8 OF 13
DAYS 50 TO 56

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week:

MY WEEK

WEEK 9 OF 13
DAYS 57 TO 63

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

☐ _____

☐ _____

☐ _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

☐ _____

☐ _____

☐ _____

What I need this week to hold up:

_____

MORNING

DAY 57
WEEK 9

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 57
WEEK 9

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 58
WEEK 9

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 58
WEEK 9

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 59
WEEK 9

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 59
WEEK 9

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 60
WEEK 9

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 60
WEEK 9

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 61
WEEK 9

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 61
WEEK 9

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 62
WEEK 9

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 62
WEEK 9

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 63
WEEK 9

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 63
WEEK 9

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

WEEK 9 OF 13
DAYS 57 TO 63

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week:

MY WEEK

WEEK 10 OF 13
DAYS 64 TO 70

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

- [ ] _____
- [ ] _____
- [ ] _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

- [ ] _____
- [ ] _____
- [ ] _____

What I need this week to hold up:

_____

MORNING

DAY 64
WEEK 10

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 64
WEEK 10

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 65
WEEK 10

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 65
WEEK 10

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 66
WEEK 10

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 66
WEEK 10

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 67
WEEK 10

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 67
WEEK 10

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 68
WEEK 10

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 68
WEEK 10

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 69
WEEK 10

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 69
WEEK 10

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 70
WEEK 10

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 70
WEEK 10

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

WEEK 10 OF 13
DAYS 64 TO 70

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

_____

What I adjust for next week:

MY WEEK

WEEK 11 OF 13
DAYS 71 TO 77

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

☐ _____

☐ _____

☐ _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

☐ _____

☐ _____

☐ _____

What I need this week to hold up:

_____

MORNING

DAY 71
WEEK 11

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 71
WEEK 11

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 72
WEEK 11

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 72
WEEK 11

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 73
WEEK 11

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 73
WEEK 11

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 74
WEEK 11

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 74
WEEK 11

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 75
WEEK 11

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 75
WEEK 11

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 76
WEEK 11

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 76
WEEK 11

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 77
WEEK 11

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 77
WEEK 11

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

_____

What I adjust for next week:

MY WEEK

WEEK 12 OF 13
DAYS 78 TO 84

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

☐ _____

☐ _____

☐ _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

☐ _____

☐ _____

☐ _____

What I need this week to hold up:

_____

MORNING

DAY 78
WEEK 12

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 78
WEEK 12

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 79
WEEK 12

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 79
WEEK 12

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 80
WEEK 12

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 80
WEEK 12

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 81
WEEK 12

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 81
WEEK 12

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 82
WEEK 12

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 82
WEEK 12

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 83
WEEK 12

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 83
WEEK 12

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 84
WEEK 12

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 84
WEEK 12

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week:

MY WEEK

WEEK 13 OF 13
DAYS 85 TO 91

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

- [ ] _____
- [ ] _____
- [ ] _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

- [ ] _____
- [ ] _____
- [ ] _____

What I need this week to hold up:

_____

MORNING

DAY 85
WEEK 13

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 85
WEEK 13

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 86
WEEK 13

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 86
WEEK 13

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 87
WEEK 13

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 87
WEEK 13

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 88
WEEK 13

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 88
WEEK 13

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 89
WEEK 13

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 89
WEEK 13

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 90
WEEK 13

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 90
WEEK 13

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

MORNING

DAY 91
WEEK 13

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY 91
WEEK 13

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

REVIEW

WEEK 13 OF 13
DAYS 85 TO 91

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week:

QUARTERLY REVIEW

13 WEEKS
PART 1 OF 2

Quarter from: _____ **to:** _____

My 3 focuses: where I stand

01 _____

☐ Completed ☐ Under way ☐ Set aside

02 _____

☐ Completed ☐ Under way ☐ Set aside

03 _____

☐ Completed ☐ Under way ☐ Set aside

What I am proud of this quarter:

What I learned about the way I work:

My average capacity over the quarter:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

QUARTERLY REVIEW

13 WEEKS
PART 2 OF 2

What costs me too much and I am stopping:

What I keep because it does me good:

What my nervous system needed most this season:

My intention for the next 13 weeks:

My very first step, the one that takes less than 15 minutes:



A reminder: listening to your own pace was the real work.

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