

13 WEEKS

AT MY OWN PACE

A notebook from Les NeuroDivines

For brains that work differently

This notebook belongs to

Annie Lachance

lachanceatypique.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 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

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

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

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

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

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 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

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.

lachanceatypique.com