

WHAT IS WITHIN YOUR CONTROL

For just a few days, track your moods.

On a scale of 1-10, how are you feeling? 1 is the absolute best and 10 is the absolute worst!

Go back and circle all the times you were a 3, 2, or 1.

Our next step will be to identify what was going on at those times? Can we make those conditions happen again? What is within our control? Let's work on those environmental variables!

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	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>
Early morning			
Late Morning			
Early Afternoon			
Late Afternoon			
Early Evening			
Late Evening			

IDENTIFY THE VARIABLES

Look back at your emotion ratings from the last 3 days.

Look at when you circled ratings of 1-3.

What was going on at those times? Can we make those conditions happen again? What is within our control? Let's work on those environmental variables!

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*Who was
around?*

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*What specific actions
were you doing?*

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*When were your best
times?*

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*How were you taking
care of yourself?*

What things help you grow? Write on the leaves and the pot the variables you identified that help you be at your best.

