

BEFORE

What would make today Great?
List 3 things that if accomplished
would be **massively** satisfying.

AFTER

At the end of the day use the
'Today I Did My Best' worksheet
(below) to document what went
well and where adjustments are
needed to increase discipline;
**what is one commitment you're
failing repeatedly?**

<https://narrativescoaching.com/wp-content/uploads/2022/12/I-DID-MY-VERY-BEST-WORKSHEET.pdf>

DURING

Create simple questions you can
ask yourself throughout the
course of the day – i.e., **'Am I
honoring my commitments?'** to
challenge yourself to stay on-
track; **no more than 1-2 is ideal!**
*Am I doing what I promised?
Where am I cutting corners or
making excuses?*



BEFORE

What would make today Great?

List 3 things that if accomplished would be **massively** satisfying.

AFTER

1-2 things which went well!

1-2 adjustments I can make to improve:

Best Day Ever!
ONE DAY AT A TIME

DURING

1-2 simple questions you can ask throughout the day to keep yourself on-track

