WORKSHEET The Deal Audit

Look back over the last seven days. List up to three deals you made with yourself and broke. Be specific. You're the referee reviewing the tape here, not the judge handing out a sentence.

Deal 1, what I promised: _____

The moment it broke (day, time, where I was): _____

What the coach in my head said right then: _____

Within reach (phone, bed, console, snacks): _____

When I made the deal (time of night or day): _____

Deal 2, what I promised: _____

The moment it broke: _____

What the coach in my head said right then: _____

What was within reach: _____

When I made the deal: _____

Deal 3, what I promised: _____

The moment it broke: _____

What the coach in my head said right then: _____

What was within reach: _____

When I made the deal: _____

Now tick whatever applies:

☐ Most of these deals were made late at night.
☐ Most of them broke within half an hour of waking up, or right after work or class.
☐ My phone was within reach almost every time.
☐ The same line from the coach in my head showed up more than once.

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