WORKSHEET **The Seven-Day Good Scan**

Do one good scan a day for a week. Note your cue, tick each place where you found something and write your keeper with a one-sentence caption. On a tiny day, one tick is plenty.

Day 1 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 2 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 3 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 4 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 5 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 6 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 7 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

At the end of the week:

The place that lit up most: _____

The place that stayed empty (check it first next week): _____

The cue that worked best: _____

My favorite keeper of the week: _____

© 2026 Blake Tenney · From *Good Radar* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads