WORKSHEET **My Seven-Day Luck Log**

Fill in one entry each night for the next seven days, starting tonight. Keep each line short. Tick the box when you've done the slow replay.

Day	The lucky moment	What helped it happen	My part	Stretch it
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				

☐ Day 7 replay ☐ Day 8 replay ☐ Day 9 replay ☐ Day 10 replay ☐ Day 11 replay ☐ Day 12 replay ☐ Day 13 replay

The near miss I noticed this week: _____

One "stretch it" I actually did: _____

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