CHECKLIST Close the Day

Keep this for your next bad day.

☐ Name it. I said or wrote what happened in one plain sentence.
☐ Still true. I wrote three things that are still true.

1: _____

2: _____

3: _____

☐ Split the control. Not in my hands today: _____

In my hands tomorrow: _____

☐ Open up. I asked what this opened up: _____

☐ Lights out. I ended the day with one small action: _____

☐ I wrote one line in my luck log, even if it was only “Still standing.”

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