WORKSHEET **Three Weeks Later: My Score**

Rate each one from 1 to 10 for this past week, before you look at Day 0. Then copy your Day 0 numbers across and compare.

Score	Day 0	Day 21	Change
Lucky			
Calm			
Open			

This week, I finally did (or “none”): _____

This week, I followed up on (or “none”): _____

An exercise that added pressure (or “none”): _____

Tools I keep: _____

Change: _____

Drop: _____

The score that moved most, and what I think moved it: _____

The score that moved least, and what I’ll try next: _____

Number of luck log entries in three weeks: _____ My favorite entry: _____

☐ I rated Day 21 before looking at Day 0.
☐ If a number surprised me, I’ll retake it in a day or two and average the two.
☐ I put a ten-minute Sunday look back on my calendar.

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