WORKSHEET **My First Seven Days**

Choose one starter per day. In the evening, note what happened and how it felt.

Day 1. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 2. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 3. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 4. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 5. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 6. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 7. Starter I'll try: _____

What happened: _____

How it felt: _____

At the end of the week:

The starter that felt most natural: _____

The starter that felt hardest: _____

One I want to keep doing: _____

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