WORKSHEET **Quick Wins Tracker, Days 1 to 7**

Tick a box each time you use a tool. Use the notes line for one word about how it went.

Day 1: ☐ Pause ☐ Name it ☐ "Might not be me" ☐ Delay ☐ Body reset Notes: _____

Day 2: ☐ Pause ☐ Name it ☐ "Might not be me" ☐ Delay ☐ Body reset Notes: _____

Day 3: ☐ Pause ☐ Name it ☐ "Might not be me" ☐ Delay ☐ Body reset Notes: _____

Day 4: ☐ Pause ☐ Name it ☐ "Might not be me" ☐ Delay ☐ Body reset Notes: _____

Day 5: ☐ Pause ☐ Name it ☐ "Might not be me" ☐ Delay ☐ Body reset Notes: _____

Day 6: ☐ Pause ☐ Name it ☐ "Might not be me" ☐ Delay ☐ Body reset Notes: _____

Day 7: ☐ Pause ☐ Name it ☐ "Might not be me" ☐ Delay ☐ Body reset Notes: _____

The tool I used most: _____

The tool that helped most: _____

One moment this week that went better than usual: _____

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