

## Journal

Date: \_\_\_\_\_

### Baselines

*To take a baseline, scan your body and make a mental note of what you notice: particular sore spots, your level of anxiety and/or whatever your mind it up to, whether or not it's constructive.*

### Themes

*A theme in your day can emerge as a focus of your thoughts or activities. What patterns can you identify in your thinking or behavior? Make a note of things you notice as significant to you.*

### Discoveries

*What new insights did you gain today? Did you notice any shifts in your perspective? Did you get clarity on something you were contemplating? Do you understand something differently today than you did before? What else did you discover today?*

### Notes