CLIENT NAME:	CALENDARED DAYS: Month:

At 6:00 pm, ask yourself: "How would it be if tomorrow turned out like today?"
Start calendaring at uppder left (in the box marked "Start"). Keep going for 30 days.
If you had a bad day, which 2-3 triggers below caused it?

Ask Yourself: "What can I do to have fewer bad days"?

1. Felt angry
2. Felt anxious/worried
3. Felt blah, flat
4. Felt depressed
5. Felt disappointed
6. Felt disorganized/unfocused
7. Felt embarrassed
8. Felt fatigued/low energy
9. Felt guilty
10. Experienced headache
11. Felt irritable/angry
12. Felt low motivation
13. Felt paranoid
14. Felt like I could hurt myself
15. Felt like I didn't sleep enough
16. Experienced withdrawal/side effects
17. Experienced negative recurrent thoughts
18. Felt manic
19. Experienced more pain than usual
20. Felt panic
21. Felt physically ill
22. Felt rage
23. Relapsed
24. Felt something else

Henry David Thoreau believed that we have a "moral obligation" to make progress in our lives - an obligation to reform ourselves on a daily basis. Thoreau proposed that a metric on our progress can be the quality of our individual days - which we should be constantly striving to improve (Walden, 1854).