

Date:

OBSERVE, DON'T JUDGE *pt. 1*

What's working?

What feels good?

What makes you say "YES!"?

What's not working?

What feels bad?

What makes you say "NO!"?

OBSERVE, DON'T JUDGE *pt. 2*

Choose 1-4 things that aren't working the most

① What's not working?

What can I do in the next 24 hours to make what's not working work at least a little better?

*Cross or check these off once you complete them.

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OBSERVE, DON'T JUDGE *pt. 2*

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