

WHAT AM I THINKING?

Each morning when you get up, and each night right before you go to bed, spend a few minutes thinking about the dominant thoughts running through your mind. What are they? What time frame do they have to do with—past, present, or future? How are they making you feel? Is this something you want or don't want to spend thought on?

Weekday	Thought	Past/Present/ Future	Feeling	Want/ Don't Want
Sunday				
Morning	<i>I don't want to get out of bed and go to a job I hate.</i>	<i>Future</i>	<i>Depressed</i>	<i>Don't want</i>
Evening				
Monday				
Morning				
Evening				
Tuesday				
Morning				
Evening				
Wednesday				
Morning				
Evening				
Thursday				
Morning				
Evening				
Friday				
Morning				
Evening				
Saturday				
Morning				
Evening				