



## *The Daily*

**What to know:** This is for you and you alone to track, admire and show compassion towards yourself. This is a guide and not to be replaced with anything else, but as an add on. Enjoy!

What things did you do today that you enjoyed or did for self?

What actions did you take towards yourself/goals?

What did you discover today? Could be an emotion, an appointment with an A-ha moment or someone interesting that made an impact.

What helped you today? Or didn't help you today?

What stood out?

Where is your body today? Parts: at ease, in pain, tense, restless, calm, heavy, light, a color?

Did you move your body today? How? Or why not?

What challenged you today? What did I learn from this challenge?

Summarize your day:

**Today's Mantra:**

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