

UNBLOCK MY BRAIN CHECKLIST

5 things, I am really good at:

- | | |
|----------------------------------|----------------------------------|
| <input type="checkbox"/> 1 _____ | <input type="checkbox"/> 4 _____ |
| <input type="checkbox"/> 2 _____ | <input type="checkbox"/> 5 _____ |
| <input type="checkbox"/> 3 _____ | |

This week, I will distract my brain with:

- Cinema Theatre Comedy A Book A Day-Trip
- Something else:

My list of Priorities for today/this week (circulate what applies)

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> 1 _____ | <input type="checkbox"/> 6 _____ |
| <input type="checkbox"/> 2 _____ | <input type="checkbox"/> 7 _____ |
| <input type="checkbox"/> 3 _____ | <input type="checkbox"/> 8 _____ |
| <input type="checkbox"/> 4 _____ | <input type="checkbox"/> 9 _____ |
| <input type="checkbox"/> 5 _____ | <input type="checkbox"/> 10 _____ |

Last time I was really happy:

Today I have surprised someone with a really nice text message

I had really healthy food, and that was:

Alarm set for 6:00am, tomorrow morning

I shared my doubts with:

Today, I bought (me) a:

I feel good and I am proud of myself (sign):

This is a service from yourself to you. Thank yourself for it.
Provided to you by: