

Daily Mental Energies Checklist

Print seven copies and use one for each day.

Begin Date: **Day:** 1 2 3 4 5 6 7

Check the Thought/Mental Patterns You Experienced Today. Note Any Self-Talk or Triggers.			
<i>Note how thoughts fluctuate with time of day, self-talk, or various triggers.</i>	Clear, calm, happy, grateful, enthusiastic, loving trusting,	Foggy or racing-mind, stressed, anxious, fearful, fleeting thought	Self-Talk/Triggers
Upon waking			
Midmorning			
After lunch			
During the evening			
Upon going to bed			
<i>Thoughts and Conversations:</i>			
Were your conversations today primarily with people who are at your level of consciousness? How did they impact your mental state?			Y/N
Did you catch yourself saying and thinking something positive, while feeling resistance to it? If yes, describe.			Y/N
Did you watch, read, or listen to the news today, even online or via email messages? If so, estimate the number of times? How did the news impact your mental state today?			Y/N
Did you receive personal news, information, or have conversations that you found challenging? If so, describe?			Y/N
Did you receive personal news, information, or have conversations that lifted your spirits? If so, describe?			Y/N

Mental Energies Recap

At the end of the week, note any patterns you discovered.

1	Did you notice your self-talk this week? Yes/No. If yes, was it more positive or more negative?
2	Did any automatic responses/triggers create negative mental states for you this past week? If so, describe.
3	Did you notice any correlation between negative mental states and unexpected expenses, lower income, missed discounts, or unexpected events?
4	Did you shift your mental state to be more positive in any way?
5	Did you notice any correlation between positive mental states and being more prosperous (discounts, bonuses, gifts, more income, lower expenses, etc.)? If so, describe.
6	Are there any patterns you would like to shift?