

# VIBE CHECK

Journal until your brain feels empty. Start the day off with a clean mental space. What went right yesterday? What should I pay closer attention to today? How committed am I to this process today? Why?

Choose one thought from the Vibe Check above to plug into a Think Feel Do cycle.

Current thought:	New thought:
Makes me feel:	Makes me feel:
What I do/don't do:	What I will do/won't do: