

PHYSICAL HEALTH

What have I done, or will I do, to improve or maintain my health - yesterday / today / tomorrow?

Yesterday	Reduced calorie day - just 900 net calories!
Today	Normal calorie controlled day (2000 calories). Will walk dogs later.
Tomorrow	Another normal calorie controlled day. Will go for a run.

MENTAL HEALTH

What have I done, or will I do, to boost my confidence - yesterday / today / tomorrow?

Yesterday	Good reduced calorie day / Managed to resolve some work problems.
Today	Interesting work day planned.
Tomorrow	Looking forward to good client meeting / Out with friends in evening.

PERSONAL MONEY

What have I done, or will I do, to make or save money - yesterday / today / tomorrow?

Yesterday	Decided to shop around for better deal on my TV and phone subscriptions.
Today	Working on big client case that will go towards my personal income target.
Tomorrow	Another client appointment - again, potentially good for my personal target.

BUSINESS MONEY

What have I done, or will I do, to improve my business - yesterday / today / tomorrow?

Yesterday	Worked on our new business plan.
Today	See co-directors and chat through my business plan ideas
Tomorrow	Work on financial data.

RELATIONSHIPS

Who and what do I value? Does anything need to change - yesterday / today / tomorrow?

Yesterday	Family / friends / work colleagues / clients.
Today	Clear outstanding client work.
Tomorrow	Make sure I speak to son before his holiday.

SENSE OF PURPOSE

Who did I, or will I, help to have a better day - yesterday / today / tomorrow?

Yesterday	Worked on book (this book!) It will hopefully help many people.
Today	Discussed book with two clients. They were very encouraging and interested.
Tomorrow	Ensure company news ebulletin goes out.

HAVING FUN

What was a fun activity yesterday? What will be fun today / tomorrow?

Yesterday	Enjoyed a good run with my dog.
Today	Hopefully play golf or practice.
Tomorrow	Out tonight with friends.