Keep a daily journal where you record any moments when you feel stuck, procrastinate, or avoid tasks. Reflect on these instances and try to identify the underlying mental block or limiting belief driving these behaviors. At the end of the week, review your entries and write a brief summary of any patterns or recurring themes you notice.

'oday I felt stuck when:	
Vhat can I learn from today's experience	es?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Summary of patterns and recurring themes:

Date:

'oday I felt stuck when:	
Vhat can I learn from today's experience	es?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Summary of patterns and recurring themes:		

Date:

'oday I felt stuck when:	
Vhat can I learn from today's experience	es?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Γoday I fe	elt stuck when:
What car	n I learn from today's experiences?

Summary of patterns and recurring themes:		

Date:

	nen:
What can I learn fro	m today's experiences?

Today I fe	elt stuck when:
What car	l learn from today's experiences?

Today I fe	elt stuck when:
What car	l learn from today's experiences?

Today I fe	elt stuck when:
What car	l learn from today's experiences?

Today I fe	elt stuck when:
What car	l learn from today's experiences?

Today I fe	elt stuck when:
What car	l learn from today's experiences?

Today I fe	elt stuck when:
What car	l learn from today's experiences?

Summary of patterns and recurring themes:		

Date: