

Week of:

Area	Need Being Met	S	M	T	W	T	F	S
Physical								
Personal								
Relational								
Spiritual								

After setting and tracking your daily goals this past week, what did you learn about yourself?

Did having stated goals and knowing you were tracking them help you actually meet the needs you identified?

What does it feel like when your daily needs are met vs. when they are not met?

How do you feel this exerices impacted you? For example, did you feel better about yerself, more overwhelmed, or more emotionally stable? Explain.
