

Daily Self-Evaluation

Monthly Data

Month:	Year:	Goal:
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A. Body

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Breath																															
Fresh air																															
Interact with nature																															
Sleep, relax																															
Eating calmly																															
Healthy food																															
Drinking water																															
Exercise																															
Stretch, floor																															
Head and eyes																															
Activeness, energy																															
Teeth care																															

B. Mind

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Reading																															
Other learning methods																															
Memory exercise																															
Daily planning																															
Practice decision*																															
Self-talk, affirmation																															
Visualization, change state																															
Delay gratification																															
Thinking before speak or act																															
Step out of comfort zone																															
discipline, determination																															
Assertiveness																															

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C. Heart

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Fun with family																															
Initiative call																															
Social activity																															
Greeting, outgoing																															
Kindness, respect																															
Empathy																															
Active listening																															
Praise, motivate																															
Developing others																															
Teamwork & collaboration																															
Participate in meetings																															
Networking, building bonds																															

D. Soul

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Life of meaning																															
Acting on principles																															
Service, contribution																															
Charity and giving																															
Abundance																															
Tolerant and forgiving																															
Patience, contentment																															
Hope, optimism																															
Thankfulness, gratitude																															
Ask forgiveness																															
Prayer, meditation																															
Holy book																															