## **DAILY LOG: Your View of You**

Date:							
Suboptima	al <del>←</del>				<b>→</b>	Opt	imal
PATTERNS OF BEHAVIOR NUTRITION PHYSICAL ACTIVITY SLEEP MANAGEMENT STRESS MANAGEMENT SPIRITUALITY							
Good Thoughts Good Speech Self-care & Self-appreciation Care & Appreciation of Others Presence & Mindfulness Pain Management* Balanced Day** *Only if applicable for physical pain **A subjective, general feeling—not a Personal Notes:							

## **DAILY LOG: Your View of You**

Date:	Date:
Suboptimal	Suboptimal  Optimal
PATTERNS OF BEHAVIOR  NUTRITION  PHYSICAL ACTIVITY  SLEEP MANAGEMENT  STRESS MANAGEMENT  SPIRITUALITY  PATTERNS OF BEHAVIOR  SIDER STRESS MANAGEMENT  SPIRITUALITY	PATTERNS OF BEHAVIOR  NUTRITION  PHYSICAL ACTIVITY  SLEEP MANAGEMENT  STRESS MANAGEMENT  SPIRITUALITY  PATTERNS OF BEHAVIOR  DATA DATA DATA DATA DATA DATA DATA DAT
Good Thoughts	Good Thoughts  Good Speech  Self-care & Self-appreciation  Care & Appreciation of Others  Presence & Mindfulness  Pain Management*  Balanced Day**
*Only if applicable for physical pain  **A subjective, general feeling—not a total or summary of all categories  Personal Notes:	*Only if applicable for physical pain  **A subjective, general feeling—not a total or summary of all categories  Personal Notes: