

























My Daily S.P.A.C.E. Tracker

Instructions: Print and complete daily

How's it going OVERALL today?	 Really Terrific!	 Just ok.	 Tough going.	<p>Considerations</p> <ul style="list-style-type: none"> • What's your overall feeling for the day? Up? Down? • Anything unexpected making your day really great...or tough?
How's your ENERGY today?	 On Fire	 Just ok	 Drained	<p>Considerations</p> <ul style="list-style-type: none"> • Are you excited and engaged in what you're doing? • Did your excitement/engagement last all day? Or did you run out of steam?
How's your SELF CONTROL today?	 In Control	 Just ok	 Ultra indulgent	<p>Considerations</p> <ul style="list-style-type: none"> • Do you feel in control of your impulses? • Successfully avoid habits you're trying to break? • Pursue desired activities regardless of difficulty?
How'd you SLEEP last night?	 Like a rock!	 Just ok	 Barely a wink.	<p>Considerations</p> <ul style="list-style-type: none"> • Feel rested? • Get enough sleep? • Have to take any meds or other sleep aids?
How PRESENT were you today?	 Laser-like	 Just ok	 Distracted	<p>Considerations</p> <ul style="list-style-type: none"> • Engaged in each moment or running on automatic? • Able to avoid negative thought patterns?
How ACTIVE were you today?	 Warp speed	 Just ok	 Super sluggish	<p>Considerations</p> <ul style="list-style-type: none"> • Did you move? How long? How hard? • How much time did you spend on your feet?
How CREATIVE were you today?	 Idea factory	 Just ok	 Flat line	<p>Considerations</p> <ul style="list-style-type: none"> • Solve any problems during the day? • Come up with any exciting and original ideas? • Make new connections between concepts?
Did you EAT well today?	 Balanced	 Just ok	 Caved to the crave	<p>Considerations</p> <ul style="list-style-type: none"> • Portion control? • Enough fruits and veggies? • Avoid sugar and salt? • Healthy proteins?