



Rate Your Day!

Energy is the most important part of life. Are you giving yourself energy with your thoughts or taking away your vital energy?

We are the captain of our lives. We get to decide where we put your focus. If we dwell on the negative we weaken ourselves. When we focus on the opportunities and the good that we've done, we are energized to do more. We can coach ourselves to accomplish great things. It just takes practice. We are wired for fear. It's how we've survived in this tough world. We must balance out our fear by looking at what we've done well. It's this practice that we can use to thrive in our complex world. We need to train our brains to appreciate what we did well and what we can improve to make the next day 1% better.

At the end of each day, take two minute to Rate Your Day. Once you complete this sheet a few times, you'll be able to do this practice while brushing your teeth.

What did I do well?

1.

2.

3.

What did I learn from today?

1.

How would I rate my day on a scale of 1 (Terrible) to 10 (Perfect)? *Honesty is very important.*

1 2 3 4 5 6 7 8 9 10

By putting a rating on your day, you will stop letting other people create this number for you. You decide how you feel about your day and yourself. You are the captain of your life. You strengthen your internal honesty and begin to see patterns and opportunities for growth. You'll see how you can improve your rating by taking small actions, which will help you build confidence to do more of the work that you love. You'll reduce the intensity of your inner critic and learn to appreciate yourself for all that you are. As you learn to improve how you coach yourself, you'll start to see yourself make a bigger impact in your career, family, and passion projects.

Please let me know how this helps you. I love to hear these stories. Just email me - Karl@digtofly.com.

Visit Digtofly.com to learn about our training.