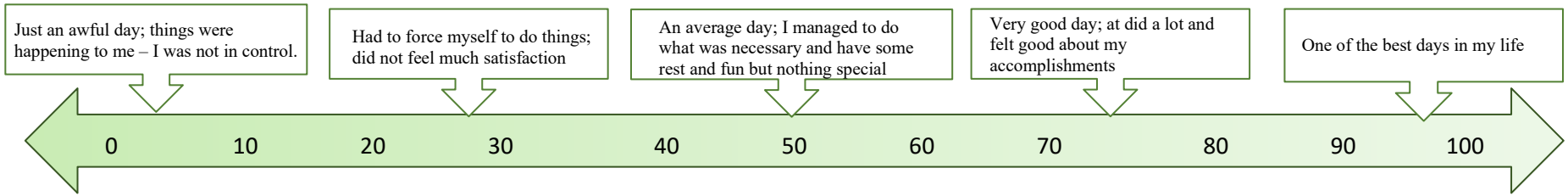


WEEKLY PRACTICE AND PROGRESS TRACKER

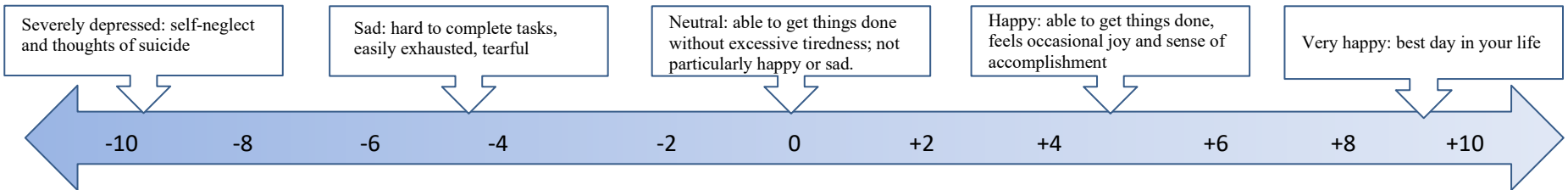
DATE:							
Did you experience any stressful events today? If yes, what?							
Did you do something that matches your life values? What was it?							
What skill have you practiced?	<input type="checkbox"/> Examine the facts / thought record <input type="checkbox"/> Pros and cons of what you are doing / Is what I am doing getting me closer to my goals <input type="checkbox"/> Redirect to Present Moment /Practice Paying Attention <input type="checkbox"/> Postpone analyzing and worrying / Use scheduled problem-solving <input type="checkbox"/> Live despite: Do something in less-than-optimal circumstances <input type="checkbox"/> Acknowledge having choice <input type="checkbox"/> OPEN communication	<input type="checkbox"/> Examine the facts / thought record <input type="checkbox"/> Pros and cons of what you are doing / Is what I am doing getting me closer to my goals <input type="checkbox"/> Redirect to Present Moment /Practice Paying Attention <input type="checkbox"/> Postpone analyzing and worrying / Use scheduled problem-solving <input type="checkbox"/> Live despite: Do something in less-than-optimal circumstances <input type="checkbox"/> Acknowledge having choice <input type="checkbox"/> OPEN communication	<input type="checkbox"/> Examine the facts / thought record <input type="checkbox"/> Pros and cons of what you are doing / Is what I am doing getting me closer to my goals <input type="checkbox"/> Redirect to Present Moment /Practice Paying Attention <input type="checkbox"/> Postpone analyzing and worrying / Use scheduled problem-solving <input type="checkbox"/> Live despite: Do something in less-than-optimal circumstances <input type="checkbox"/> Acknowledge having choice <input type="checkbox"/> OPEN communication	<input type="checkbox"/> Examine the facts / thought record <input type="checkbox"/> Pros and cons of what you are doing / Is what I am doing getting me closer to my goals <input type="checkbox"/> Redirect to Present Moment /Practice Paying Attention <input type="checkbox"/> Postpone analyzing and worrying / Use scheduled problem-solving <input type="checkbox"/> Live despite: Do something in less-than-optimal circumstances <input type="checkbox"/> Acknowledge having choice <input type="checkbox"/> OPEN communication	<input type="checkbox"/> Examine the facts / thought record <input type="checkbox"/> Pros and cons of what you are doing / Is what I am doing getting me closer to my goals <input type="checkbox"/> Redirect to Present Moment /Practice Paying Attention <input type="checkbox"/> Postpone analyzing and worrying / Use scheduled problem-solving <input type="checkbox"/> Live despite: Do something in less-than-optimal circumstances <input type="checkbox"/> Acknowledge having choice <input type="checkbox"/> OPEN communication	<input type="checkbox"/> Examine the facts / thought record <input type="checkbox"/> Pros and cons of what you are doing / Is what I am doing getting me closer to my goals <input type="checkbox"/> Redirect to Present Moment /Practice Paying Attention <input type="checkbox"/> Postpone analyzing and worrying / Use scheduled problem-solving <input type="checkbox"/> Live despite: Do something in less-than-optimal circumstances <input type="checkbox"/> Acknowledge having choice <input type="checkbox"/> OPEN communication	<input type="checkbox"/> Examine the facts / thought record <input type="checkbox"/> Pros and cons of what you are doing / Is what I am doing getting me closer to my goals <input type="checkbox"/> Redirect to Present Moment /Practice Paying Attention <input type="checkbox"/> Postpone analyzing and worrying / Use scheduled problem-solving <input type="checkbox"/> Live despite: Do something in less-than-optimal circumstances <input type="checkbox"/> Acknowledge having choice <input type="checkbox"/> OPEN communication
What were you able to learn today? What would you do differently?							
Overall satisfaction with this day							
Rate your mood							
Rate your anxiety							

SCALES

SATISFACTION



MOOD SCALE



ANXIETY

