



DAILY SELF-EVALUATION

Ask yourself at the end of each day:

What did I close today? (Example) _____

What fear did I face today? (Example) _____

Did I avoid assumptions today? (Example) _____

Was I able to avoid people-pleasing behaviors today? (Example) _____

What decisions did I make on my own today? (Example) _____

If I earned a reinforcement, did I give it to myself today? (Example) _____

What strengths did I show today? (Example) _____

What were my challenges? (Example) _____

Have I been honest with my myself today? _____

How did I feel about myself today? (Example) _____

